

*Tuyo with capers, chorizo and egg quesadilla, waffles*

# FOOD

Issue 3, 2015

**FREE**  
**4 WEEK**  
*menu guide*

**20<sup>th</sup>**  
ANNIVERSARY

**Cook Healthy**  
*(but not quite guilt free!)*

Low-cal dishes  
Hearty salads  
Good-for-you  
“fatty” food

## The Big Breakfast Issue

15+ must-try recipes  
for breakfast, brunch  
or any time of the day

**PLUS:**  
Where to have  
brunch on weekends

**50**  
kitchen-  
tested  
recipes

*Shakshouka  
by Wildflour  
Café + Bakery*

# Eggs Rule!

*Yes, we can eat them everyday*



# Happy Eating

go by a simple mantra on how to eat right: “Eating healthy means eating happy.” After all, what’s the point of depriving oneself of food to the point of depression! OK, I admit it’s not quite foolproof and I still fall prey to overindulging in sweets and junk food. But it’s something to keep in mind, especially since we tend to become overly fearful of everything we put in our mouths. No need to be afraid of “evil” carbs and sugar, just enjoy them in moderation.

One bit of good news that makes me more than happy is the vindication of old culprits like eggs and fat. It turns out they aren’t as bad for us as we thought they were! It’s a great excuse to share recipes that don’t shy away from the high calories, yet still qualify as healthy, more or less. We have bestselling egg-centric dishes from Wildflour Café + Bakery, fabulous salad recipes from Mitchie Sison, and no-fuss low-calorie meals from Nancy Dizon-Edralin. We also checked out the latest diet delivery services for those who’d rather not cook.

In this issue, breakfast also plays a big part—it’s one meal that definitely makes us happy. However, breakfast, for the most part, is usually treated as an afterthought, hastily prepared during the morning rush. But here at FOOD, we always like to give breakfast its due, not because we want you to wake up in the wee hours and slave over the stove. Rather, we just love all of its classic components—eggs, bacon, sausages, pancakes, garlic rice, *tuyo*—and wish we could enjoy them all day long!

Check out our great-tasting recipes that celebrate breakfast (and brunch) in all its savory goodness. Pixie Sevilla gives us a lesson on waffle-making plus she throws in some fun waffle variations. Aileen Anastacio of Marmalade Kitchen prepares a sensational brunch of comfort food favorites. Portia Baluyut suggests easy and quick morning recipes. Plus, in honor of our breakfast drink of choice, we dig deep into the history of Philippine coffee.

Whether it’s breakfast or any meal of the day, the most important thing is that what we eat makes us happy (and not in an “I ate too much” kind of way). Let’s be happy to derive pleasure from what we eat; happy to share a meal with our loved ones; and happy and thankful to be in good health.

*Nana Ozeta*  
Editor-In-Chief

## contributors

### Tin Samson

felt like “coming home” to produce this issue’s Entertaining brunch feature. From being the former associate editor

of FOOD Magazine, Tin Samson now contributes to FOOD and other magazines, and also works in her family’s bakeshop. Tin loves everything Disney, Harry Potter, and theater, and hopes to travel the whole world someday, find her prince, and have twin baby girls!



**Paul Del Rosario** shoots for several magazines like *Working Mom* and *Metro Home*. In this issue, he composed the beautiful food shots in Cook it 5 Ways and Home Basics.

### Miko Aspiras

is one of the industry’s most well-regarded young pastry chefs. He has won dozens of awards both here and abroad for his creative, innovative desserts. Together with Chef Kristine Lotilla, he owns and runs one of the only craft cookie shops in the Philippines, Scout’s Honor, and the Japanese-French bistro Le Petit Soufflé and shares a few of its special dessert recipes in Home Basics.



Photo by IAN CASTAÑARES | Makeup by MAÍTA ABAD

Sign up for our FOOD Tastings Cooking Class this September!

Learn new and delicious ways to cook healthy. Check out FOOD Magazine on Facebook for more details.



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Follow us on Instagram: @FOODMagazine

Photography by OCS ALVAREZ  
Styling by BEL ALVAREZ

# SENSIBLE SNACKS

We don't always eat healthy—who does? But we'd love to share these smart selections that will tide you over when hunger pangs hit

My snack of choice are hard boiled eggs drizzled with sriracha for flavor. Or, sometimes, nori.

**- PIA PUNO, photographer**

The easiest snack is a banana, which is rich in potassium and makes a great canvas for a lot of flavors. Spread it with peanut butter, cookie butter or Nutella. Grill it and drizzle with honey. Or dip in a dark chocolate ganache, sprinkle with nuts then freeze.

**- CECILLE ESPERANZA, nutritionist and recipe tester**

For a hefty little snack, I go for overnight oats. Or a handful of mixed nuts—they fill you up fast.

**- JUDY ARIAS, editorial assistant**

For an easy, homemade healthy snack, I love this hummus recipe that you can make ahead and reach for when hunger pangs hit.

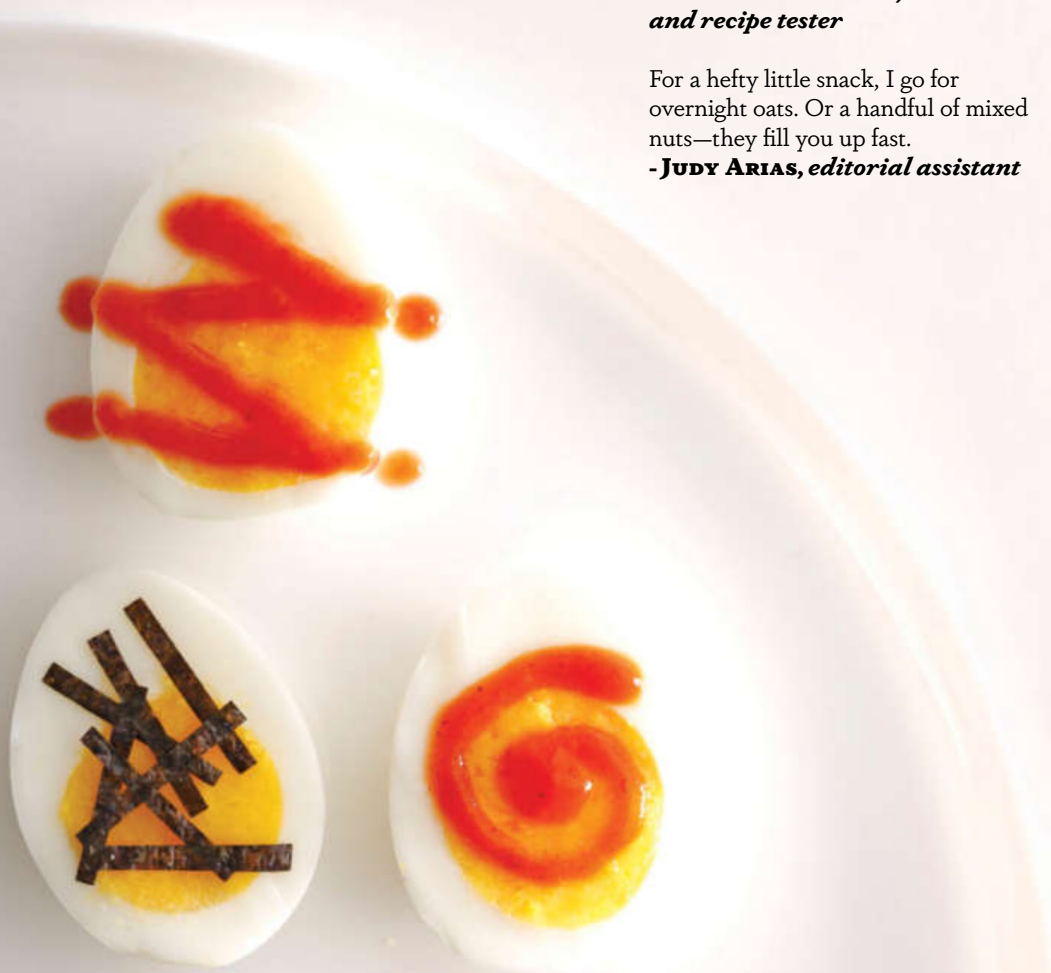
**NANCY DIZON-EDRALIN, recipe developer and food stylist**

## Red Lentil Hummus

Serves 2

- 1 cup red lentils, rinsed
- 1 1/2 cups water
- 1/2 teaspoon kosher salt
- 2 cloves garlic
- 3 tablespoons tahini paste
- 1 teaspoon Spanish paprika
- 2 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- kosher salt and ground black pepper, to taste

1. Place lentils, water and salt in a pan. Boil over medium heat.
2. Cook uncovered, stirring occasionally, until lentils are soft, approximately 15 to 20 minutes. Add more water if needed. Drain the lentils in a fine mesh sieve. Set aside and let cool.
3. In a food processor, blend garlic, lentils, tahini, paprika and lemon juice, scraping down the sides of the bowl. Continue to purée, adding the olive oil. Adjust seasoning.
4. Transfer hummus to a serving bowl. Garnish with olive oil and paprika. Serve with pita bread or pita chips.





It's go  
a Lava

## Pan de Sal Breakfast Pudding

Makes 6 to 8 individual ramekins

### Ingredients

10 pieces regular sized day-old pan de sal, sliced in half  
¾ cup **Dari Creme Buttermilk**, reserve ½ cup for the pudding mix  
4 eggs  
½ cup sugar, plus 2 tablespoons for dusting  
2 cups Magnolia PureFresh Natural Cow's Milk, heated just until simmering  
½ cup grated Magnolia Cheddar Cheese  
Extra **Dari Creme Buttermilk** for brushing the ramekin cups

### Caramel Sauce:

¼ cup **Dari Creme Buttermilk**  
1/3 cup sugar  
1 cup Magnolia All-Purpose Cream

### Method:

- Preheat oven to 375°F. Brush **Dari Creme** on bottom and sides of 6 to 8 ramekin cups.
- Use ¼ cup **Dari Creme** to spread on each slice of pan de sal. Toast until golden. When cool, slice into cubes and distribute bread cubes evenly in ramekin cups.
- In a bowl, whisk eggs and ½ cup sugar until frothy. Add melted **Dari Creme** to the heated milk and slowly pour into egg mixture while continuing to whisk. Pour milk-egg mixture evenly over bread cubes. Sprinkle grated cheese and remaining 2 tablespoons sugar on top of each ramekin. Bake for 25 to 30 minutes or until top is golden and pudding puffs up.
- While pudding is baking, make the caramel sauce. In a small saucepan, melt **Dari Creme** and sugar over low heat until sugar caramelizes. Pour in cream and let simmer until the hardened caramel melts completely. Serve with the warm pudding.

## Tinapa Omelette Pizza

Makes 1 9-inch pizza or 3-4-inch pizzas

### Ingredients

6 tablespoons **Dari Creme Classic**, divided into 2 tablespoons each  
2 big red tomatoes, diced  
1 medium white onion, diced  
1 cup, shredded tinapa (bangus or any smoked fish)  
6 eggs  
3 tablespoons Magnolia PureFresh Natural Cow's Milk  
Ground pepper, to taste  
3 salted eggs, sliced into squares

### Method:

- In a 9-inch non-stick pan, heat 2 tablespoons **Dari Creme** and sauté tomatoes and onion until liquid evaporates, add shredded tinapa and sauté for a few minutes. Transfer to a bowl.
- Whisk eggs, milk and 2 tablespoons **Dari Creme** until frothy.
- Using the same pan, heat remaining 2 tablespoons **Dari Creme**. Pour egg mixture evenly over pan. With a spatula or wooden spoon, push edges of uncooked eggs to the center several times, until egg mixture is almost cooked. Top with sautéed tinapa. Scatter salted egg slices. Cover for a few minutes to let the steam fully cook the eggs. Uncover and slide to a serving plate. Alternatively, you may use a small 4-inch non-stick pan to make personal size omelette pizzas.

Pan de Sal  
Breakfast  
Pudding

START YOUR  
MORNINGS WITH A  
SUMPTUOUS TOUCH  
OF **DARI CREME**

Tinapa  
Omelette  
Pizza

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with a fun twist. Say goodbye to bla  
up your taste buds with Dari Crem



# ing to be ely Day

Tuna and  
Corn Muffins

## Tuna and Corn Muffin

Makes 18 muffins

### Ingredients

3/4 cup **Dari Creme Classic**, reserve 1/4 cup and melt 1/2 cup for the batter  
1 large white onion, chopped  
1 cup canned tuna flakes, drained  
1 can whole corn kernels  
1 medium red bell pepper, diced  
1 400-gram pack Magnolia Pancake & Waffle Mix  
1 tablespoon sugar  
2 eggs, lightly beaten  
1/2 cup Magnolia PureFresh Natural Cow's Milk

### Method:

- Preheat oven to 375°F. Brush holes and surface of muffin pan with reserved 2 tablespoons **Dari Creme**. Set aside.
- In a large pan, sauté onions in remaining 2 tablespoons of **Dari Creme** until transparent. Add tuna flakes and cook until excess liquid evaporates. Fold in corn and bell pepper in the last minute of cooking. Transfer to a bowl and let it cool.
- Combine pancake & waffle mix and sugar in a large bowl. Make a well in the center and add 1/2 cup melted **Dari Creme**, eggs and milk. Stir using a wire whisk or wooden spoon just until dry ingredients are moistened; batter should still be lumpy. Fold in sautéed tuna mixture.
- Spoon batter into muffin pans almost to the brim. Bake for 10 to 12 minutes until top rises and feels dry to the touch. Remove from the oven and cool on a wire rack. Serve warm.

## Honey-Dari Creme Glazed Chicken Fingers

Makes 6 servings

### Ingredients

1/2 kilo chicken breast fillet, sliced into thick strips  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 cup Magnolia All Purpose Flour  
1 cup cassava flour seasoned with 1 teaspoon salt

1 cup water  
vegetable oil for deep-frying

### Honey-Dari Creme Glaze:

3/4 cup honey  
1/4 cup **Dari Creme Classic**  
1/2 teaspoon paprika  
Salt and pepper to taste  
Pinch chilli flakes, *optional*

### Method:

- Place chicken strips in a bowl. Combine paprika, garlic powder, onion powder, salt and pepper and use to season chicken. Dredge each piece in flour. Set aside.
- In a non-stick pan, heat oil over medium fire. Deep-fry chicken strips a few pieces at a time until golden. Drain on paper towels.
- Dissolve seasoned cassava flour in water. Coat cooked chicken strip in cassava mixture and fry a second time until crisp. Repeat with the rest of the chicken strips.
- To make the glaze, place honey in a medium saucepan and let simmer until slightly reduced, about 5 minutes. Turn off heat and whisk in **Dari Creme**. Season with paprika, salt, pepper and chilli flakes, if desired. Brush over chicken fingers and serve the rest of the sauce on the side.

Honey-Dari Creme  
Glazed Chicken  
Fingers

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By Troy Barrios



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# FOOD



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SHAKSHOUKA

Recipe by WILDFLOUR CAFÉ + BAKERY

Styling by BEL ALVAREZ

Photography by OCS ALVAREZ



# TASTINGS

TRENDS | FINDS | NEWS | MEDIA | TRAVEL

## Healthy Meals to Go

*Eating right has never been more convenient*

By GINNY MATA

Photography by OCS ALVAREZ | Styling by BEL ALVAREZ

There's never been a better time to eat healthy. While diet delivery services have been around for some time, nowadays there are dozens more to choose from that fit any dietary requirement, budget and location.

What these healthy meal delivery services have in common is that their founders all succeeded in losing weight by eating more healthfully. Finding existing diet food in the

market bland and unsatisfactory, they formulated their own diet plans, and made nutritious, delicious and satisfying meals for themselves. Out of that came the entrepreneurial desire to share their expertise with others. Collaborating with chefs, dietitians and nutritionists, they have made eating healthy much more interesting and convenient for people with busy schedules who may not have the time to cook for themselves.

These services don't only cater

to people who want to lose weight, but also to those who have ailments which require special diets (e.g. diabetes, cancer, kidney problems, etc.). Thus, many of these services are fully personalized and customizable. All these packages include at least three meals per day, unless stated otherwise. **F**

### BETTER HEALTH PH

offers all-natural, gluten-free, grain-free, dairy-free, sugar-free, salt-free meals in recyclable packaging, delivered in a beautifully designed "lunch box" for easier transport. Packages range from 1,200 to 2,000 calories per day, and come in 3-day, 5-day, 10-day and 20-day sets, starting at P650 per day. [betterhealthph.com](http://betterhealthph.com)



Chicken Tikka Salad



Grilled mahi-mahi fillet with tropical fruit salsa

Penne pasta a la cubana

**PALEO MANILA** exclusively follows the Paleo Diet. All meals are gluten-free, dairy-free, grain-free, salt-free and sugar-free, and totally without GMO ingredients, food additives, preservatives and chemicals. Depending on clients' level of commitment, packages are weekly, monthly or VIP long-term at P3,700/week and P14,800/month. [paleomanila.com](http://paleomanila.com)

**DIET DIVA PH** was awarded "The Most Outstanding Healthy Diet Services Provider for 2014" by National Customers' Choice, Philippines' Best World Quality Class Awards and National Product Quality Excellence Awards. Packages start at P1,900 for 5 days at 1,200 calories/day. [dietdiva.ph](http://dietdiva.ph)


**FITNESS GOURMET PH** offers the Low Calorie Plan (300 calories/day) at P1,800 for 5 days; the HCG Diet Plan (taken with HCG drops) to achieve weight loss of 40 pounds in 40 days at P2,800 for 7 days; and the High Protein meal plan for athletes at P3,000 for 5 days. [Facebook.com/FitnessGourmetPh](https://www.facebook.com/FitnessGourmetPh)

**THE SEXY CHEF** is the longest running diet delivery service in Metro Manila, going strong since 2004. It offers South Beach Diet, Pounds Away (1,200 to 1,400 calories per day), Eat Clean Detox, Tummy Trimmer, Tummy Trimmer Detox, and Blood Profile-Based Meals. Programs cost P975 to P1,000/day for breakfast, lunch, dinner, and from P1,500 to P2,150 for 5-day lunch and dinner packages. [thesexychef.com.ph](http://thesexychef.com.ph)


Granola and mixed berries parfait

Oven-fried chicken fingers with yam home fries





Rolled oats and  
fruit parfait



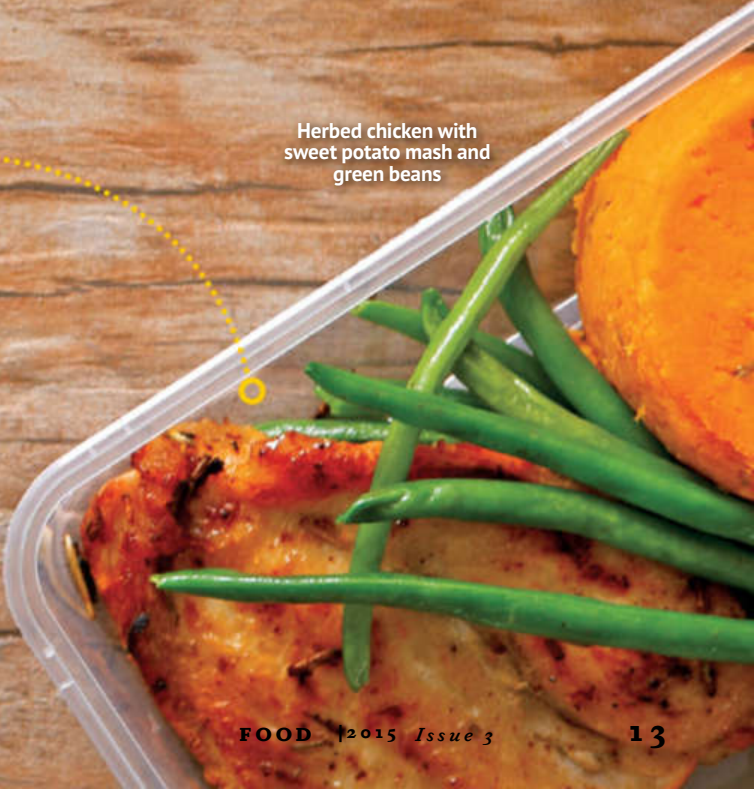
Fish cake patty  
and red rice

### MDF DIET TO GO

was started by dietitian Michelle Fabella and her husband Chef Dean Noel Fabella in 2009. They don't believe in doing a 'one size fits all' diet: Michelle personally meets with all her clients to do nutrition assessment and weekly monitoring of their weight progress. Meals start at P1,200 per day. [Facebook.com/pages/DIET-to-GO](https://www.facebook.com/pages/DIET-to-GO)

**LUNCHBOX DIET** provides portion-controlled healthy, balanced meals that range from 1,200 to 2,000 calories per day, starting at P1,700/week. Their executive chef likes using ingredients that are fresh and in season, and makes sure to limit the amount of salt, sugar, and fat content in their meals. [Facebook.com/lunchboxdietph](https://www.facebook.com/lunchboxdietph)

**DIET BUDDY PH** is one of the most affordable diet delivery services here. They specialize in favorite Filipino dishes like homemade chicken *tocino*, beef *tapa* and lean pork *hamonado*, but they also try to avoid repeating their meals within the month so that their 'diet buddies' won't get tired of them. Their packages range from P1,700 (1,200 calories/day) to P1,900 (2,000 calories/day) for 5 days. [Facebook.com/DietBuddyPhilippines](https://www.facebook.com/DietBuddyPhilippines)



Herbed chicken with  
sweet potato mash and  
green beans



## EAT OUT



(Clockwise from top) Wingstop's delectable spread; Chicken Tenders; Classic Buffalo Chicken Wings

### ***Flying With Flavor, The Wingstop Experience***

A fast-casual American restaurant specializing in Texas-sized, buffalo-style wings, Wingstop has perfected nine recipes with flavors that have earned them rave reviews, and have topped the "best of" reader polls. Wingstop has been in the Philippines for about a year, with seven stores currently open. [www.wingstop.com.ph](http://www.wingstop.com.ph)

### ***A Delivery Service for Your Party***

From the Romulo Food group comes the newest food service brand, The Party Kitchen, which specializes in serving all-time favorite Filipino party foods such as Pancit Malabon, BBQ and Lumpiang Shanghai, as well as other sumptuous dishes like Lechon Roll, Chap Chae Noodles and Korean Chicken Wings that are sure to be the perfect addition to any party's buffet table. Whether it's at home, for the office, or any celebration, The Party Kitchen delivers restaurant quality food right to your doorstep. [www.thepartykitchen.ph](http://www.thepartykitchen.ph) Call (02) 519-1111 or visit [www.thepartykitchen.ph](http://www.thepartykitchen.ph)



(Clockwise from top) Party Kitchen's Crispy Pata; Baby Back Ribs; Fish Fillet with tartar sauce

## DRINK

### ***A Chilean Favorite***

Recognized as one of the leading brands in Chilean wines worldwide, Concha Y Toro garnered the "Best Drinks Company of the Year" award in the international category at this year's London Wine Fair. Its largest premium label is Casillero del Diablo, rated as one of the best value wine brands in the world and available in 135 countries. In the Philippines, Casillero del Diablo Reserva variants include Merlot, Chardonnay, Shiraz Tinto, Pinot Noir Tinto, Cabernet Sauvignon, Sauvignon Blanc, Viognier, Sparkling Brut Reserva and an enjoyable Carmenere red with intense notes of berries and forest fruit and delicate hints of coffee and toast. [www.casilleroeldiablo.com](http://www.casilleroeldiablo.com)



### ***A Modern French Wine***

Produced from four Estates in the Languedoc region of France, Arrogant Frog wines are created to be everyday luxuries, a philosophy espoused by the company. Winemaker Jean-Claude Mas says, "We operate at the scale of a New World winery with the same control as a small Old World chateau." Now available in Manila, the wines range from the friendly Tutti Frutti in blanc or rouge, to the more high end Elegant Frog. [Available at Forth & Tay or for a list of branches, visit forthtay.com](http://www.forthtay.com)





## SHOP

### Not Your Ordinary Blast Freezer

The Freddy Hot + Cold by Irinox is so much more than just a blast freezer. Designed for the home, this high-tech appliance blast-chills hot food to keep it safe and to lengthen its shelf life. It can blast-freeze, defrost (without water seeping out), cook food at low temperature, and even proof dough. **1** Call Magic-Aire Industries at (02) 733-076, or visit [www.magic-aire.com](http://www.magic-aire.com) and [www.irinoxhome.com](http://www.irinoxhome.com)



### A Luxurious Line of Olive Oils

You have never tasted olive oil like Olivier & Co's Olive Oil Collection 2015. Rare, gourmet and robust, these ten olive oils allow you to create dishes of deeper eloquence. There is Agrolaguna, a rare oil from Croatia, pressed with Leccino and Picholine olives, with a smooth intense taste and nutty flavor that complements meat, cheese, vegetables and dessert. Moulin La Cravenco from Provence is exceptionally creamy with a hint of sweetness, suitable for seafood and chicken. Monva, a Spanish gem with robust tart notes, adds zing to ice cream. Made in small batches, they bring nuance to your dishes. **1** Branches at 2/F Central Square, Bonifacio High Street Central, BGC and Greenbelt 5, Makati City



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## SWIPE



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## MEGA GLOBAL TURNS 40

Mega Global Corporation debuted its latest line of world-class products during its 40<sup>th</sup> anniversary celebration held at EDSA Shangri-La. A captivating visual presentation showcased the canned products and ready-to-eat viands to be released this year: Mega Premium Shrimp Paste, Oh My Ulam! Regional Specials, Mega Creations Bottled Sardines and Mega Tuna. With its innovations in packaging and food technology, Mega Global plans to tap markets outside the country to provide its high-quality, value-for-money food products. "We'll continue striving to be the best brand locally and globally," said CEO and president William Tiu Lim. **I**



## Heirloom Rice, Our National Treasure

Last May, the International Rice Research Institute (IRRI) turned over two murals by National Artist Vicente Manansala to the Museum, along with a sample of Philippine heirloom rice from the Cordilleras. Both are considered national treasures. Heirloom rice consists of traditional rice varieties handed down through generations of a clan or village. They have high nutritional properties and are in limited supply due to longer growing periods. "We want to empower our farmers, and to keep our heirloom rice from disappearing. It's about conserving our heritage, and encouraging ecological diversity," said Ana Habiling of IRRI's Heirloom Rice Project, a joint initiative of IRRI and the Department of Agriculture. They are currently working with entrepreneurs to find demand matches for these rice varieties in the wider market. Philippine heirloom rice varieties were also featured in Madrid Fusión Manila last April. Chefs Robby Goco, Amy Besa, Chele Gonzalez, Jessie Sincioco and Margarita Forés served a dinner that evening using the rice varieties from Benguet, Mountain Province, Kalinga and Ifugao. **I** The Manansala murals are on permanent display at the National Museum. For more information about the Heirloom Rice Project, visit [www.heirloomrice.com](http://www.heirloomrice.com)



## Moms Swap Recipes with Lee Kum Kee

There's no better source than moms for recipes that are tried and tested. At a recent Recipe Swap hosted by Lee Kum Kee, TV personality Suzi Entrata-Abrera shared her Thai Omelette recipe; aspiring yogini Michelle Aventajado demonstrated her Grilled Salmon recipe; newbie homeschooler Michelle Lim shared her Tofu Sauté and makeup artist Eliza Santiago prepared Zenmeyang Shucaï (Sautéed Asparagus), all using Lee Kum Kee Panda Oyster Sauce. Karen Mejia, owner of Terrace 45 Restaurant, also shared tips and tricks to make meal preparation even more fun and hassle-free.

Lee Kum Kee is known as the world's first oyster sauce brand, with its history going back as far as 1888. Since then, the brand has emerged as



(Clockwise from top left) Busy moms, from left, Eliza Santiago, Michelle Lim, Suzi Abrera and Michelle Aventajado; Tofu Sauté; Thai Omelette; Grilled Salmon; Zenmeyang Shucaï



a reputable producer with over 200 Asian sauces and condiments available worldwide. **I** Lee Kum Kee products

are available at major supermarkets nationwide. Visit [philippines.lkk.com/en/Kitchen](http://philippines.lkk.com/en/Kitchen)



# The Peninsula Goes Pink for Breast Cancer Awareness Month

This October, guests at The Peninsula Manila get to enjoy pink-themed treats and participate in a charitable art auction in support of the global fight against breast cancer. Enjoy The Art of Pink Peninsula Afternoon Tea, featuring rose-tinted sweet and savory treats, and premium teas blended by The Pen's tea masters, at The Lobby. Try the pink pastries at The Peninsula Boutique, or order a special "Belle Epoque" pink dessert—an airy confection of ivory chocolate, strawberry, mascarpone and Madagascar vanilla—at any of the restaurants. Partake of pink-tinted cocktails and mocktails at all the restaurants. Avail of these pink treats together with a Peninsula in Pink ribbon pin and a donation will be made to the Philippine Foundation for Breast Care, Inc. **Call (02) 887-2888 for more information**



## THE FIRST NOBU HOTEL IN ASIA OFFICIALLY OPENS

While Nobu Hotel at City of Dreams Manila has already been hosting guests for several months now, it was only last May that this "celebrity-inspired, fun-luxury" hotel was officially launched. In attendance were Nobu Hospitality founding partners led by Academy Award-winning actor Robert De Niro, Japanese chef Nobu Matsuhisa and

Hollywood producer Meir Teper, plus Melco Crown Entertainment's Lawrence Ho and James Packer. Together, they shared their enthusiasm for the Philippines' development into a luxury leisure destination, with Nobu Hotel's mix of sophistication, bespoke hospitality and outstanding Nobu-inspired cuisine leading the way. **Call (02) 551-5555**

## North vs. South Italy: A Culinary Showdown at Sofitel

Against the dramatic backdrop of Sunset Bay, Sofitel Philippine Plaza Manila celebrated the flavors of northern and southern Italy with a culinary showdown between executive chef Denis Vecchiato and visiting chef Toni Rossetti, chef-owner of Noti Restaurant in Singapore. Chef Denis, representing northern Italy, and Venice in particular, made his signature Risotto Asparagus with Scallops, Penne Sautéed with Mixed Seafood, and Pizza with Bresaula Brie and Rocket Salad. Chef Toni, who hails from the Puglia region in southern Italy, whipped up a Mixed Mushroom Risotto, Orechiette with Sausage, and Pizza al Metro. The winner, by popular vote, was Chef Denis, but Chef Toni showed good sportsmanship and even tried the *balut*. Both chefs agreed that good food tastes best in good company, with light hearts and an element of fun. In the end, everything was simply *delizioso*. **Call (02) 551-5555**





## WAVES OF FLAVOR, WITH PACIFIC BAY SEAFOOD

Ten notable chefs cooked up a feast using the most delectable seafood available for “Waves of Flavor,” an event made possible by Pacific Bay.

Among the chefs involved were Red Kitchen & Bar’s Michael Yambao with his Spider Po-Boy and Scallops Ceviche Salad; Tristan Encarnacion of the Center of Culinary Arts’ Seared Scallops, Seabass, Bacalao and Organic Greens together with Chilled Pacific Bay Tuna; Quenee Vilar of Your Local’s special treat of Bacalao Ceviche Salad with Coconut Broth; Bait’s Chef Joseph Margate with his Softshell Chili Crab Rolls; Le Jardin’s Jonas Ng’s Seared Scallops with Lardon, Leek Fondue; and a big pan of Arroz Abanda by Keith Fresnido and Ivan Saiz from Vask and Arrozeria.


A retail brand of Mida Food, Pacific Bay provides a wide variety of high quality seafood products to major supermarkets across the country, all portioned and packaged for the convenience of the cook. Pacific Bay is steadfast in their commitment to bringing the best quality and freshest seafood from all over the world, to every household. 



## A Thai Food Festival at The Pen

Spices Restaurant at The Peninsula Manila transformed itself into a little slice of Thailand when it welcomed Chamnan Thepchana, chef of Thai Cuisine at The Peninsula Bangkok, for a week-long “Tastefully Thai” food festival that highlighted the culinary wonders of the Land of Smiles. The menu featured such favorites as Phad


Thai, Chicken and Beef Satay, Som Tam (papaya salad), Grilled Pork and Chicken rubbed with Thai spices, and Gaeng Massam Nua (massaman curry with beef tenderloin and potatoes). A cultural show and fruit carvings rounded off the evening’s entertainment.

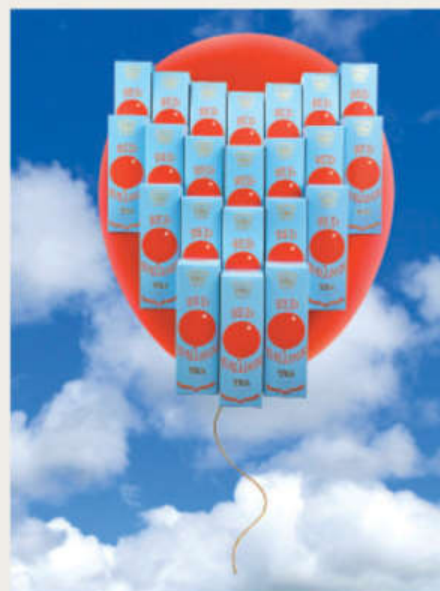
 Ayala corner Makati Avenues, Makati City, (02) 887-2888



## A Whimsical Red Tea from TWG

A whimsical addition to the Haute Couture Tea Collection is TWG’s newest Red Balloon Tea. Bright blueberries lend their tangy sweetness to this airy, theine-free red tea which sparkles with overtones of crunchy nashi fruit. Red tea, or rooibos, is produced from a bush known as the *Aspalathus linearis* in South Africa, and contains high levels of antioxidants, vitamin C, mineral salts and protein, making it ideal for adults and children alike. It’s a delightful ode to youth and innocence, and will please tea lovers of all ages, encased in a luxurious gold-embossed gift box.

TWG Tea is one of the finest luxury tea companies in the world, and the Red Balloon Tea is the perfect drink to while away cozy evenings. Jump in with the Red Balloon Tea on its maiden expedition and discover new heights of brilliance and artistry with TWG Tea! 



Available at all TWG Tea Salon and Boutique outlets. Visit [twgtea.com](http://twgtea.com)



## books

**THE THIRD PLATE***By Dan Barber*

Top New York chef Dan Barber chronicles his trips to farming communities around the world. From the Spanish *dehesa* to ancient tuna fishing and mixed-crop organic farms, among other destinations, Barber builds a panorama of ethical and flavorful eating with the vision to refashion Americans' deepest beliefs about food. **1** Available at *Fully Booked*

**JAMIE OLIVER'S COMFORT FOOD** *By Jamie Oliver*

This global celebrity chef's latest book is all about the food you really want to eat, made exactly how you like it. The book features exciting and new versions of all-time favorites like ramen and *katsu* curry, super eggs Benedict, and scrumptious sticky toffee pudding, among others, and also introduces cherished dishes from countries around the world. **1** Available at *Fully Booked*

**JUDY ANN'S KITCHEN** *By Judy Ann Santos-Agoncillo*

Her love for food brought her to publish her very own cookbook. Teleserye queen Judy Ann Santos-Agoncillo shares her well-loved recipes sectioned according to phases in her life—recipes she grew up with, meals she prepares for her friends and family, and her personal favorites—all contained in this best selling cookbook. **1** Available at *National Bookstore*

**BUTTERCREAM FLOWERS***By Valeri Valeriano and Christina Ong*

Learn essential techniques of piping floral decorations for cakes and cupcakes from this London-based Filipino duo. From buttercream recipes, basic petal strokes, color mixing to creating multi-tiered cakes, this book simplifies the steps for beginners and those who wish to master cake flower designs. **1** Available at *Fully Booked*

**SIMPLY DELICIOUS: 50 YEARS OF GOOD FOOD FROM MAYA**

In celebration of having been part of Philippine households for more than 50 years, The Maya Kitchen just released its new cookbook featuring over 150 kitchen-tested recipes. Enjoy stories and anecdotes from its 50 years of history. Learn how to cook all-time favorites like Brazo de Mercedes, Silvanas, Black Forest, Ube Macapuno Roll and Pineapple Upside-Down Cake. **1** Available at *National Bookstore and Powerbooks*



Photography by OCS ALVAREZ  
Styling by BEL ALVAREZ



## TV

**CHEF NEXT DOOR**

This entertaining cooking show follows Chef Jonas Ng as he goes about his high-pressure job in the professional kitchen with a generous dose of wit, science and humor. Head chef and owner of Huat Pot Hotpot Restaurant and Le Jardin, Chef Jonas shares



restaurant-quality recipes, tips and hacks learned throughout his ten years in the industry. **1** *Airs Mondays 10 PM, Tuesdays 5:30 AM, Wednesdays 5:30 PM, Fridays 12 AM and 9:30 PM on the Lifestyle Network*

## website

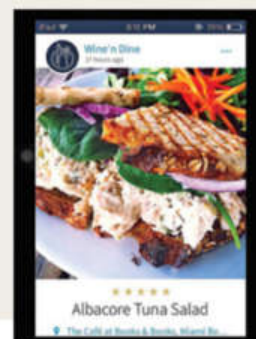
**NERDY NUMMIES**

Check out this geeky cooking show on YouTube hosted by Rosanna Pansino. Ro makes nerdy themed goodies. Her famous creations include a Star Trek Voyager Cake, Harry Potter Golden Snitch Caramel Apple Cider, Pacman Jello Jigglers, and Guardians of the Galaxy Groot themed cookies, among many others. Her channel has four million subscribers and an average of 75 million views per month. **1** [www.youtube.com/rosannapansino](http://www.youtube.com/rosannapansino)

## APP

**Wine 'n Dine**

Foodies will surely love this photo sharing app dedicated to food pics only. Wine 'n Dine allows users to tag the restaurant their featured dish is from, giving followers the opportunity to create lists of their favorites. It also has unique features such as "Wanna Try" and "Discover" that help users answer two questions we often ask every day: where and what to eat. **1** Available at the *App Store and Google Play*





# HIDDEN MAKATI

*Be like the tourist who's thrown away his guidebook, and join us as we poke about the whimsical Poblacion district in Makati*

By TROY BARRIOS

## CRYING TIGER STREET KITCHEN

One evening in this humid, crowded little joint will have you overusing the hashtag #hiddengem. It serves really good Thai food, plus other Asian dishes, at very reasonable prices. Go for the Thai Fried Chicken or the Malaysian Wings, thickly coated in a sweet-spicy marinade and grilled, not fried. Or order the Mee Goreng (spicy seafood noodles), Thai barbecue or Thai omelet. Best of all, there's really decent liquor on the menu, from bottles of Chang beer to shots of Hendricks gin. *Guanzon Street, Makati*

## EL CHUPACABRA

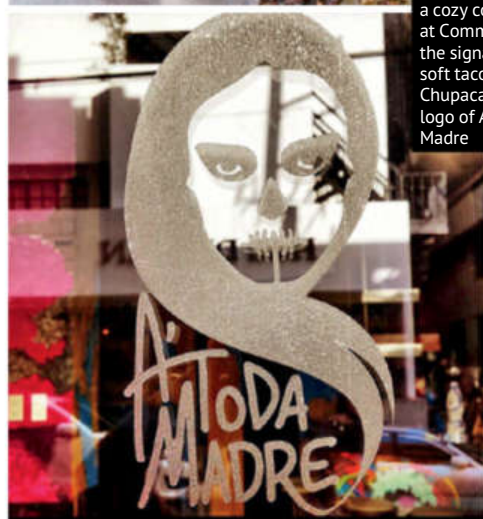
I was there on a rainy evening and the spatter of raindrops didn't seem to matter. The place was still jammed with diners wolfing down the signature Street Tacos in their soft shells—in variants such as Carne Asada, Baja Cal Fish Taco, Chorizo con Papas and Vegeteriano. Order some grilled boneless chicken skewers, a bowl of chili con carne (with a tortilla) and some cold beer. You can even keep track of the latest basketball game by listening (and watching via) the sports bar across the narrow street. *5782 Felipe corner Polaris Street, Makati, (02) 895-1919*

## COMMUNE CAFE + BAR

Now this is a stellar café that is unabashedly, wonderfully Pinoy. The brainchild of Ros



**PLACES TO CHILL**  
(Clockwise from top left) Black Pepper Tofu over Jasmine Rice at Crying Tiger; a cozy corner at Commune; the signature soft tacos at El Chupacabra; the logo of A'Toda Madre



Juan, a social media expert obsessed with Philippine coffee, Commune is not just a café but a place for people to gather and be part of a community. The menu features rice meals like *nilagang* pork ribs or chicken adobo made with sustainable and/or organic ingredients, all-day breakfasts (chicken *longanisa*, pork *tocino*), a harvest of veggie dishes and deli sandwiches. It's also the only Third Wave café in the city that carries

exclusively Philippine coffee, and soon there will be local craft beers, too. *Durban Street, Poblacion, Makati*

## A'TODA MADRE

Right across the street from Hotel Durban, this tiny joint is the first tequila bar in Manila carrying over 89 varieties of this divine liquor. The menu is very spare. There's Elotes Callejeros (grilled and buttered Mexican corn)

and Cueritos Enfurtidos (*chicharones* with *salsa rojo*), a Taco sampler. The tequila is the real draw. If you're a beginner, nurse a cocktail, perhaps a margarita, and expose yourself to a little tequila education. If you're a pro, you might want a sip of the Partida Elegante, one of the most expensive tequilas in the world—it will set you back by P2,800 per shot. **P** *G/F Sunette Tower, Durban Street corner Makati Avenue, Poblacion, Makati*





# sweet stuff

By Joey E. Prats

## OUR DAILY FRUIT

*An apple (tart) a day keeps the doctor away*

Photography by PAULO VALENZUELA

Styling by NANCY DIZON-EDRALIN

Fruits are a great way to increase the nutritional value of desserts. They are low in sugar, high in dietary fiber, and with barely any fat. When picked in season, they are delightfully flavorful. One of my favorite desserts that never goes out of style is the classic French apple tart. In this recipe, a quick and buttery pat-in-pan dough bakes to a shortbread-like texture that gives the tart a sturdy base. For intense fruit flavor, I packed the tart with a whopping five pounds of apples, made more luxurious with butter and apricot preserves. Apple slices arranged in concentric circles, a thin coat of preserves and a final run under the broiler provide an attractively caramelized finish and a distinctively European flair. **F**

### French Apple Tart

**Serves 8**

#### CRUST:

- 1 1/2 cups all-purpose flour**
- 1/4 cup + 1 tablespoon caster sugar**
- 1/2 teaspoon fine sea salt**
- 1/2 cup + 2 tablespoons unsalted butter, melted**

1. Adjust one oven rack to the lowest position and a second rack 5 to 6 inches from the broiler element. Preheat the oven to 350°F.
2. Whisk flour, caster sugar and salt in a mixing bowl. Add melted butter and stir with a wooden spoon until mixture forms into a dough.
3. Using your hands, press 2/3 of the dough to the bottom of a 9-inch round tart pan with a removable bottom. Press remaining dough to the fluted sides of the tart pan. Press and smooth dough to an even thickness.
4. Place tart pan on a rimmed baking sheet, and bake on the lowest rack, until crust is deep golden brown and firm to the touch, about 30 to 35 minutes,

rotating the pan halfway through baking. Set aside until ready to fill.

#### FILLING:

- 10 large Golden Delicious apples (or Fuji apples), peeled and cored**
- 3 tablespoons unsalted butter, divided**
- 1 tablespoon water**
- 1/2 cup apricot preserves**
- 1/4 teaspoon fine sea salt**

1. Cut 5 apples lengthwise into quarters and cut each quarter lengthwise into 4 slices. Melt 1 tablespoon butter in a 12-inch skillet over medium heat. Add apple slices and water and toss to combine. Cover and cook, stirring occasionally, until apples begin to turn translucent and are slightly pliable, 3 to 5 minutes. Transfer apples to a large plate, spread into a single layer, and set aside to cool. Do not clean skillet.
2. While apples cook, microwave apricot preserves until fluid, about 30 seconds. Strain preserves through a fine-mesh strainer into a small bowl, reserving solids. Set aside 3 tablespoons

strained preserves for brushing tart.

3. Cut remaining 5 apples into 1/2-inch-thick wedges. Melt remaining 2 tablespoons butter in the now-empty skillet over medium heat. Add remaining apricot preserves, reserved apricot solids, apple wedges and salt. Cover and cook, stirring occasionally, until apples are very soft, about 10 minutes.
4. Mash apples into a purée with a potato masher. Continue to cook, stirring occasionally, until purée is reduced to 2 cups, about 5 minutes.
5. Transfer apple purée to baked tart shell, fill and smooth the surface. Select 5 thinnest slices of sautéed apple and set aside. Starting at outer edge of tart, arrange remaining slices, tightly overlapping, in concentric circles. Bend reserved slices to fit in center. Bake tart, still on a baking sheet, on lowest rack, for 30 minutes.

Remove tart from oven and heat broiler.

6. While the broiler heats, warm reserved preserves in microwave until fluid, about 20 seconds. Brush evenly over surface of apples, avoiding tart crust. Broil tart, checking every 30 seconds and turning as necessary, until apples are attractively caramelized, 1 to 3 minutes. Let tart cool for at least 1 1/2 hours. Remove outer metal ring of tart pan, slide thin metal spatula between tart and pan bottom, and carefully slide tart onto serving platter. Cut into wedges and serve.

*This treat is little more than apples and pastry but, according to Chef Joey, such simplicity means that imperfections like tough or mushy apples, unbalanced flavor, and a sodden crust are hard to hide. To learn more of Chef Joey's pastry secrets, visit Joey Prats School of Baking and Pastry Arts on Facebook for his schedule of lifestyle cooking and baking classes and his three-month Fundamentals of Baking and Pastry Arts course.*







## farm tales

By Sandra F. Celi

# ADLAI IN FASHION

*No longer just an alternative to rice and corn, this local grain is becoming a favorite among local chefs*

Photography by PAUL DEL ROSARIO

Styling by TINA CONCEPCION DIAZ

Ever heard of exotic grains like quinoa, bulgur, amaranth? They've become popular and trendy among health enthusiasts and food lovers alike. The downside is they're expensive and difficult to source. But did you know that we have our own local grain that could very well become the next great fad?


*Adlai* (*coix lacryma-jobi* L.) is an indigenous crop found in tropical parts of southern and eastern Asia. From the same family as wheat, rice and corn, it grows abundantly in the Philippines. It was never given much attention until the Department of Agriculture initiated its research and development. As a result, *adlai* is now being fashioned as a major food staple alongside rice and corn. After all, *adlai* is accepted as an alternative staple by indigenous peoples such as the Subanen tribe in Zamboanga del Sur and in farming communities where rice and white corn are not traditionally produced.

During Madrid Fusión Manila last April, *adlai* made its grand appearance during a series of regional lunches sponsored by the Department of Agriculture. Several of the country's top chefs used it in their dishes. This featured recipe by Chef Tippi Tambunting was a big hit as it showcased *adlai* as a perfect

complement to hearty meat dishes.

*Adlai* has a neutral taste, making it a perfect carrier for other flavors. You can cook it just like rice for an instant and healthy meal. Consumption of *adlai* can provide the body with essential nutrients like iron, calcium, potassium and zinc.

For a different take on *adlai*, try Gourmix which is a combination of *adlai* grits, soy and *monggo*. Here's how I like to eat it: first I sauté a lot of garlic, then onions which I slowly caramelize. I mix in sliced ginger or you can also add shredded meat. Then I finish with soup stock or coconut water. Once boiling, I add the Gourmix. You can make it into a healthy porridge that you can season and garnish to your liking. Gourmix is priced slightly higher than rice because its recovery rate during harvest is lower. There is also a glutinous variety that is so good for making our *malagkit* delicacies.

Thanks to greater awareness and marketing efforts, *adlai* is slowly making its way into restaurant menus as chefs continue to look for sustainable and flavorful alternatives to liven up their dishes. So what was once pushed as an alternative to rice to help food sufficiency has now stepped up the ladder to become the latest darling of the food world. 



### Endulsao Chavacano

By Chef Tippi Tambunting of Massetto and Donosti Pintxos y Tapas

Serves 6 to 8

1 kilo *liempo* (pork belly), cut into cubes  
1/2 cup soy sauce  
1 cup pineapple juice  
1 bottle beer  
1/2 cup sugar  
2 cloves garlic, minced  
1 onion, chopped  
1 bay leaf  
1 tablespoon chopped ginger  
peppercorns

### ADLAI:

2 cups *adlai*  
2 cups water

1. Combine all the ingredients in a pot and simmer until pork is tender. Season to taste if needed.
2. Combine *adlai* and water and cook in the rice cooker. Serve with Endulsao Chavacano.

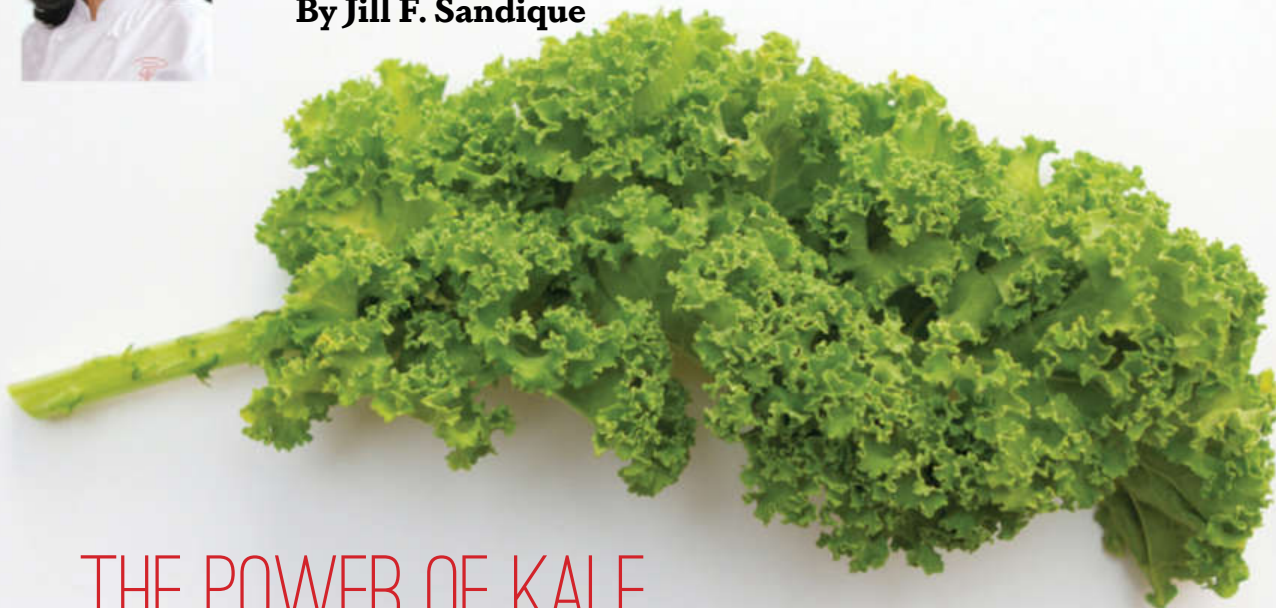
You can find Gourmix at the monthly Organic Agripreneur Market or contact Rowena Tolentino at (0917) 529-4884. For any questions, email the author at [spreadorganicagriculture@yahoo.com](mailto:spreadorganicagriculture@yahoo.com). Join Spread Organic Agriculture in the Philippines (SOAP) on Facebook to learn more about its free seminars and the monthly Organic Agripreneur Market.





## key ingredient

By Jill F. Sandique




## THE POWER OF KALE

*This superfood isn't just for salads anymore*

Photography by PAULO VALENZUELA

What is kale? Related to the cabbage family but without a head in its center, kale is rich in beta-carotene, vitamins C and K, as well as calcium. It is also known to possess anti-cancer properties, hence it is now listed as a “superfood.”

More familiar in Western cooking, this leafy vegetable is often braised, fried, sautéed, baked as a vegetable gratin, or simply served as a salad. About two to three years ago, kale became a trendy ingredient that soon popped up in organic food co-ops and juice bars in the United States. Soon after kale gained in popularity in Asia as well.

In this recipe, I added kale as a healthy ingredient to a usually boring egg white “omelette” which is baked instead of cooked in a skillet. This nutrient-packed dish is delicious and easy to prepare—perfect for breakfast or any time of the day. 

### Baked Egg Whites with Kale and Mushrooms

Serves 2

2 tablespoons olive oil, divided  
3 to 4 cups kale, trimmed then blanched  
1 onion, sliced into rings  
1/2 to 1 cup fresh mushrooms (button, oyster, enoki, etc.)  
1 teaspoon minced garlic  
salt and pepper, to taste  
4 egg whites  
2 tablespoons skim milk  
paprika, to taste

1. Preheat oven to 375°F. Grease 2 oven-proof containers with 1 tablespoon olive oil. Set aside.
2. Chop kale into bite-size pieces. Set aside.
3. In a small, non-stick sauté pan, heat remaining olive oil over medium heat. Pan-grill onion until golden brown and aromatic. Set aside. In the same pan, add mushrooms and cook until liquid from the mushrooms has evaporated.
4. Stir in garlic and cook briefly. Add the kale. Cook until wilted. Season with

salt and pepper. Remove from heat and set aside briefly.

5. In a bowl, whisk together egg whites and skim milk. Add grilled onion and sautéed vegetables. Pour into prepared containers and top with paprika. Bake for 12 to 15 minutes or until firm and golden brown.
6. Serve hot with salad greens.



*Kale is readily available in local organic markets, wet markets and even select supermarkets. But if you can't find it, Chef Jill suggests using a variety of kale called kailan which is more common in Asia. Feel free to experiment with other toppings, whatever meats, seafood or vegetables you have on hand. Chef Jill is a culinary consultant, lead trainer for the United States Department of Agriculture and the owner of Delize Cakes and Pastries.*





## wellness

By **Gerry H. Tan, MD, FACP, FACE, FPCP, FPSEM**

# EGGS AREN'T SO BAD AFTER ALL

*Time to reintroduce the good kind of fat into your diet*

Photography by **PAULO VALENZUELA**  
Styling by **NANCY DIZON-EDRALIN**

Nutrition has always fascinated me. It's a challenge to help patients realize how nutrition can affect the way they live with their disease. Some patients tend to ignore doctors' recommendations simply because they see life as too short not to enjoy food. And the kind of food they enjoy best is usually highly dense, fat-laden and carbohydrate-rich.

While it's common knowledge that we should cut fat from our diet, I have always been a proponent of the high fat, low carbohydrate revolution. I ask my patients to follow the proper "metabolic" nutrition guide consisting of the 40-20-40 rule—40% of total calories from fat, preferably high in monounsaturated fat, 20% from protein, and only 40% from carbohydrates. Take note that I don't advise limiting cholesterol but only saturated fats in general. This has been my dietary advice for many years since I believe carbohydrates are the culprit for excess calories, which can lead to obesity.

It did not come as a surprise when the U.S. dietary council "finally" changed their stand on nutrition guidelines. There has been too much focus on cholesterol as the culprit when, in fact, dietary cholesterol has little impact on the actual levels of bad cholesterol in the blood. More so, high blood cholesterol and the risk for heart disease are likewise due to genetics. Your genes, as it turns out, are a much bigger factor in whether or not you'll have high bad cholesterol.

So in 2015, cholesterol is no longer considered a "nutrient of concern." Although this may mean we can now eat eggs, lobster, crab and shrimps without guilt, we should still be careful of eating too much "fatty" foods, because they are high in calories, and make us gain weight. Instead we can focus more on limiting our intake of saturated fats from red meat, fast foods and processed meats that are known to significantly increase the risk of heart disease. In addition,



I cannot overemphasize that eating too much sugar from simple carbohydrates from fruits, honey and pastries builds up calories that increase triglycerides, leading to fatty deposits in the liver and clogging in the arteries.

The process of nutrition, cholesterol and our body is complex. It is not as easy as  $1 + 1 = 2$ . How the body regulates "bad" or "good" cholesterol is also determined by genetics. Some people are more vulnerable than others. There are people who can eat eggs every day without incident, and there are those who inevitably become sick if they do. **P**

*"My best nutrition advice to my patients and to the readers: There is no good or bad food... We are simply eating TOO MUCH!" says Dr. Gerry. He encourages us to create a positive home environment that promotes healthy eating and exercise. Dr. Gerry is a Mayo Clinic-trained endocrinologist based in Cebu. Visit his website at [www.docgerrytan.com](http://www.docgerrytan.com).*



# WEEKEND BRUNCH

## A TUSCAN FEAST AT IL PONTICELLO

By ANGELO RACELIS | Photography by IAN CASTAÑARES

There is something about the leisureliness of a weekend brunch that makes it feel like a sanctuary from the hustle and bustle of city life. For one such delightful experience, we recommend Brunchissimo, the Saturday brunch menu at Il Ponticello, inspired by the rustic flavors of the Italian countryside. Having been mentored by Italian chefs and nurturing a reverence for the fresh ingredients of Italy, head chef Panky Lopez uses authentic Italian ingredients and techniques to create

comforting Tuscan home cooking with some playful adaptations.

Worthy of praise is the rich Lasagna Carbonara made with pancetta, Grana Padano cheese, eggs and a generous dose of mozzarella. Another standout is the luscious Porchetta Plate, or pork belly roasted with herbs to achieve a distinct flavor and perfect crunch. The Tuscan Polpettone, which Chef Panky calls his “Italian meatloaf,” is redolent with fennel and paprika. Eggs Benedict is given a southern Italian twist as Uoya Alla

Benedetto, with mortadella bologna, a velvety *choron* sauce made with tomato purée and a poached egg, all layered on a mushroom ciabatta. Meanwhile, young diners can have fun creating their own pizzas with four different toppings to choose from. But a Tuscan feast is what Il Ponticello promises, and nothing says that more than its all-you-can-eat Pancetta Arrotoata, dry-cured pork belly carved then cooked just how you like it. Desserts range from classics like Tiramisu and Caramelo di Semolina (an Italian’s

answer to caramel bread pudding) to modern treats like Cheesecake Caramel Panna Cotta.

With Il Ponticello’s serene atmosphere and cool-colored interiors, even the busiest guests can take it slow and enjoy themselves. So while breakfast may still be our most important meal of the day, at Il Ponticello, brunch becomes our most pleasurable one. **I**

2/F Antel Corporate Center,  
121 Valero Street, Salcedo  
Village, Makati City, (02)  
553-9971, 994-9512

ITALIAN FLAVORS  
(Clockwise from top)  
Best-selling roasted  
Porchetta; Il  
Ponticello’s rustic  
appeal; Tuscan  
Polpettone or  
“Italian meatloaf”; a  
hearty plate of steak  
and eggs; a relaxed  
weekend setting





# BRUNCH GOES BASQUE AT VASK

By TROY BARRIOS | Photography by IAN CASTAÑARES



**BASQUE BITES**  
(Clockwise from left) Vask's quirky interiors; cochinillo and paella on a plate; boquerones in olive oil; an assortment of pintxos



When Chef Chele Gonzalez announced his new weekend brunch menu

for Vask Modern Tapas & Gastronomic Cuisine, eyebrows were raised and mouths watered. Chef Chele is well known for his devotion to modern gastronomy, rooted in the foodie capital of San Sebastian in Spain and having trained in modernist temples Arzak and Mugaritz. Chef Chele took a break from his high concept style to create a brunch that celebrates

the traditional flavors of his hometown, the Basque region in northern Spain. The result is an extraordinarily delightful Basque-style brunch that is served almost tapas-style in small plates.

The dish selections are very classic, authentic in ingredients and flavor. You can begin with a selection of *pintxos* or Basque canapés paired with free-flowing *kalimotxo*, a Basque-style sangria made with white wine, mangoes, oranges and peach Schnapps. These small plates include Boquerones or anchovies marinated in

vinegar and extra virgin olive oil; Croquetas de Jamon y Pollo, ham and chicken in bechamel sauce; and Patatas Bravas or deep-fried potato cubes. The fresh flavors of the coastal Basque region are reflected in the Pulpos a la Gallega, octopus and potatoes fried with paprika, and the Mejillones, mussels deep-fried with bechamel sauce.

The tapas-style character of the buffet is part of its charm, but you will inevitably lose yourself in the star of the buffet: a sumptuous *cochinillo*, cooked sous vide for 16 hours until it is perfectly juicy and

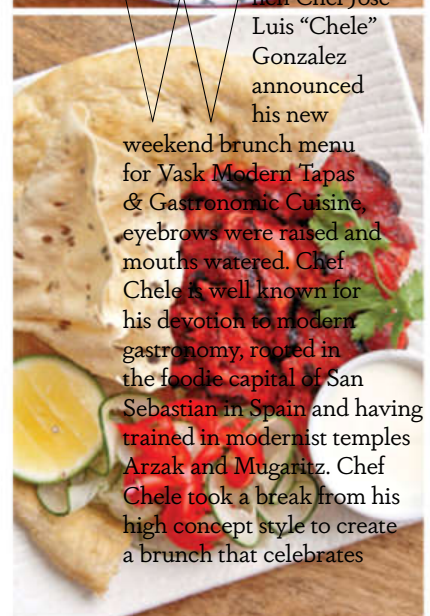
fork-tender on the inside, crispy on the outside, and completely irresistible. End your meal with a selection of sweets from the dessert buffet and consider how, in the space of a few hours, you had the privilege of tasting the flavors of northern Spain in the way only Chele Gonzalez can give you. **T**

5/F Clipp Center, 11th Avenue corner 39th Street, Bonifacio Global City, (02) 217-6563. Weekend Brunch is available Saturdays and Sundays, 11:30 AM to 2 PM





THE KABILA APPEAL (Clockwise from left) Kabila's relaxing, expansive space beside the Ayala Museum; Bangus Belly Bistek Style; a comforting bowl of Asian Noodles; Chicken Tandoori with Indian bread and condiments



## A BOUTIQUE BRUNCH AT KABILA

By TROY BARRIOS | Photography by IAN CASTAÑARES

It will take the whole morning, perhaps longer, to fully appreciate the Sunday Boutique Brunch at Kabila Filipino Bistro. The tiny buffet hits just the right spot with its luscious, carefully chosen dishes on offer. Start your meal with a selection of freshly baked breads—rye, sourdough or multigrain—to enjoy with flavored cheeses like Cilantro Crusted Cream Cheese, Fried Garlic Crusted Cream Cheese, or Black Pepper Crusted Cream Cheese. The charcuterie bar has premium *jamon* Serrano and *calchichon*, while the raw bar is piled high with fresh river prawns, Aklan oysters and mussels from New Zealand.

For more breakfast-y choices, there is a live cooking station for pancakes and omelets, as well as classic egg dishes like Croque Monsieur served with bechamel and Gruyère. Indulge in the

luxury of Norwegian smoked salmon or meats from the carving station.

Should there be nothing on the buffet that catches your fancy, the brunch menu will also allow you to choose from nine signature dishes, including Bangus Belly Bistek Style, Grilled Chicken Tandoori and Asian Noodles. And soon, there will be sushi and other seafood specialties on the menu. It's a smorgasboard and Asian, Continental and Filipino flavors.

With the soft morning sunshine filtering in through the glass walls, Kabila is the perfect place for a casual family brunch. All to the tune of live jazz music. **1**

*Located inside M Café, Ayala Museum Complex, Makati Avenue corner Dela Rosa Street, Makati, (02) 757-3000 or 757-6000*

When Chef Jose Luis "Chele" Gonzalez announced his new weekend brunch menu for Vask Modern Tapas & Gastronomic Cuisine, eyebrows were raised and mouths watered. Chef Chele is well known for his devotion to modern gastronomy, rooted in the foodie capital of San Sebastian in Spain and having trained in modernist temples Arzak and Mugaritz. Chef Chele took a break from his high concept style to create a brunch that celebrates



# THE BEAST AT THE HYATT CAFÉ

By TROY BARRIOS | Photography by CHERYL BORSOTO NASOL

The hotel breakfast buffet is a well-loved classic, combining the winning elements of luxury, a plethora of cuisines to choose from, and beautifully-rendered versions of classic breakfast dishes. At The Café at Hyatt City of Dreams Manila, Sunday brunch has all these elements, and more.

First, there's The Beast. This is a hundred-pound leg of Mayura Station Wagyu that takes four days to prepare (three days to marinate, one day of slow

cooking). This Australian Wagyu, easily one of the best in the world, gives beef an exquisite juiciness and tenderness, and a fine buttery texture. You can choose to take it as *shawarma*, steak or barbecue cut with a selection of sauces—but we say you'll need no trimmings to savor its tenderness and flavor.

Beyond the Beast, there are six live cooking stations doing *a la minute* cooking so you can enjoy your food as fresh as possible. The selection is not the widest in the city, but it is very

well-curated. There are the usual breakfast classics—eggs any way you want them, homemade waffles and crepes, steaks, lamb and sausages. Explore the pizza and pasta options (even gluten-free) at the Italian station, or the Peking duck, assorted dimsum and roasts at the Asian station. Don't miss the French cheeses and freshly baked breads at the deli counter, while the pastry and dessert counter is where you can splurge on an assortment of cakes, bon bons, financiers, cookies, ice

cream and *halo halo*. For an extra fee, there's unlimited Prosecco, too.

With its high ceilings, interactive show kitchen and vibrant cooking, The Café is culinary theater that makes brunch delicious, entertaining and easy all at once. **T**

*The Café, G/F Hyatt City of Dreams Manila, Aseana Avenue corner Roxas Boulevard, Entertainment City, Parañaque, (02) 691-1234, cityofdreams@hyatt.com or codmanilabyatt.com*



**BUFFET STYLE DINING AT ITS BEST** (Clockwise from top) Live cooking stations brimming with fresh fare; mini blinis with caviar to pair with champagne; the Italian set meal, for those who don't want to choose from the buffet





CONTEMPORARY CHINESE (Clockwise from top left) Steamed Pork Siomai in Truffle; Baked Barbecue Pork Buns; Pan-fried Radish Cake in XO Sauce; Steamed Shrimp Dumpling with Gold Leaf; Lung Hin's classy interiors on the 44th floor



## LUNG HIN'S DIMSUM EXTRAVAGANZA

By ANNE MARIE OZAETA

Brunch doesn't have to be about bacon and eggs. Why not do dimsum instead? And for a top quality selection, head to Lung Hin, Marco Polo Ortigas Manila's signature Chinese restaurant. Located on the 44<sup>th</sup> floor, Lung Hin exudes elegance with its subdued tones and sleek furnishings—no gaudy red décor in sight. While weekdays cater to the business crowd, weekends are more casual with families enjoying the excellent Cantonese food amidst commanding views of the city.

Thanks to its Hong Kong-bred executive chef Sunny Cheng and

dimsum chef Ka Ming Pun, Lung Hin's traditional Cantonese menu has a refreshingly modern edge. The dimsum lunch menu may offer all the usual favorites but Chef Sunny still manages to surprise. A dollop of truffle sauce tops Steamed Pork Siomai bursting with meat. Steamed Shrimp Dumplings are delicate yet substantial, topped with edible gold leaf. The Barbecue Pork buns are heavenly, with a soft, pillowy bun hiding behind a crunchy exterior. Even better are the Fried Taro Puffs without the starchiness, as well as the Pan-fried Radish Cake with XO sauce.

While the dimsum menu already

offers so much, you may still be tempted to order from the main menu. If so, must-haves are the Stir-fried Squid with Mashed Salted Egg (also available with scallops) as well as the Fish Lip Dried Scallop Soup, best doused with black vinegar. Even the fried rice is a notch above the usual, especially when stir-fried with Angus beef and XO sauce. And for dessert, you must order the chilled Avocado Sago, a bit heavy, but with its creamy avocado purée and coconut milk, worth all the calories.

Don't be intimidated by Lung Hin's seemingly fine dining ambiance and refined service. It caters to everyone who appreciates authentic Chinese fare prepared with quality ingredients, attention to detail, and an extra bit of flair. **1**

*Marco Polo Ortigas Manila, Meralco Avenue and Sapphire Street, Ortigas Center, Pasig City, (02) 720-7777*

Photos courtesy of MARCO POLO ORTIGAS MANILA





### Chorizo Fundido

Here's Wildflour's version of a cheese fondue, done Mexican style with lots of spices, the wetter the better, for easier dunking of bread. Wildflour makes its own Mexican chorizo using ground pork, chilies and a host of other spices. You can try this recipe using your favorite store-bought chorizo. Just remove the meat from the casing and cook in a pan before using.



# HAPPY EGGS

*Breakfast is always better when eggs are involved, especially when paired with these spectacular all-day breakfast dishes*

By ANNE MARIE OZAETA

*Recipes courtesy of WILDFLOUR CAFÉ + BAKERY*

*Photography by OCS ALVAREZ*

*Styling by BEL ALVAREZ*

**A**dd an egg to a dish, any dish, and it'll instantly make you smile. We don't quite understand why, but in some mysterious way, eggs make any dish infinitely better and, as we've learned thanks to recent studies, healthier, too.

To help us have fun with this versatile

protein, we had to call in the experts. It so happens the chefs at the hugely successful Wildflour Café + Bakery like to cook with eggs, lots of them. They make up a big part of the restaurant's daytime menu, from breakfast to lunch. They're added to the bestselling Croque Madame, topped on the popular Kimchi

Rice, or simply served with butter and toast. According to Chef Allen Buhay, Wildflour's four branches use up to 14,000 eggs per week!

Whatever the presentation—poached, fried, scrambled, baked—eggs bring that extra touch of creaminess and easy luxury, the runnier the better, of course. **E**



### Breakfast Steak and Eggs

Steak for breakfast? Absolutely! At Wildflour, Chef Allen likes to use Kitayama Wagyu rib-eye whenever possible. With cattle grown in Bukidnon, Kitayama has emerged as a top quality local Wagyu brand popular with many of the country's top chefs. You can find a full range of Kitayama beef cuts at the Kitayama Meatshop, 2292 Chino Roces Avenue, Makati City, (02) 887-5848.



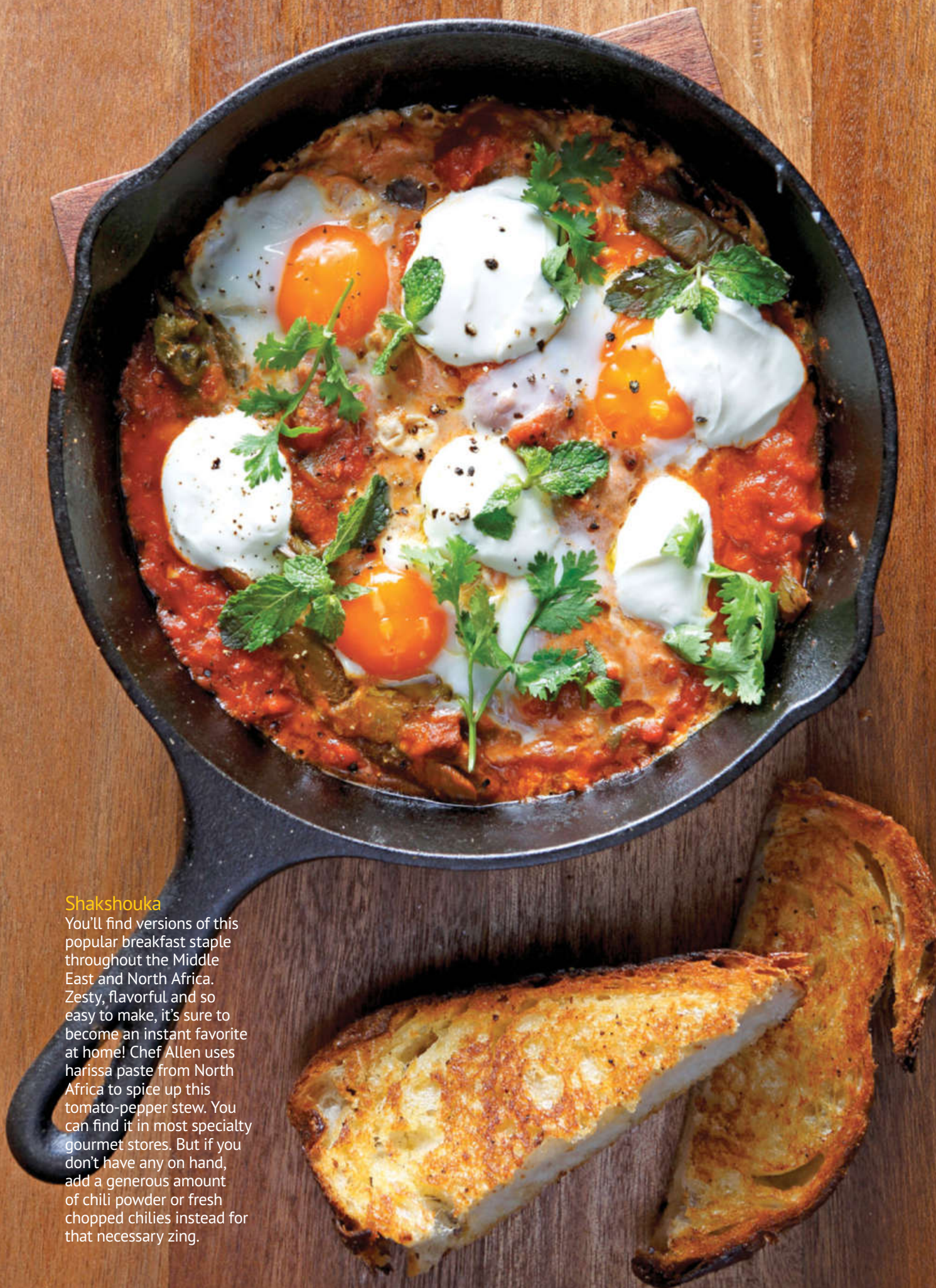




### Wildflour Salad

This salad harks back to the classic Cobb with its calorie-busting toppings of avocado, bacon, chicken, cheese and egg. But rather than traditional hard-boiled eggs, Wildflour uses poached eggs instead. Break the yolk and mix it in as part of the salad dressing. It's a brilliant way to add creaminess to a dish. (For an instant refresher on how to poach eggs, check out the Home Basics section of FOOD's Issue 2, 2015.)





### Shakshouka

You'll find versions of this popular breakfast staple throughout the Middle East and North Africa. Zesty, flavorful and so easy to make, it's sure to become an instant favorite at home! Chef Allen uses harissa paste from North Africa to spice up this tomato-pepper stew. You can find it in most specialty gourmet stores. But if you don't have any on hand, add a generous amount of chili powder or fresh chopped chilies instead for that necessary zing.



### Wildflour Breakfast with Sausage

The ideal breakfast platter must have the following: sausages, potatoes, bread and eggs. Wildflour's version may be simple and straightforward but the chefs make sure that each component is as perfectly prepared as can be, from the just-right crispiness of the potatoes to the all-meat goodness of the sausages. If you don't want to make your own sausages, try good quality Johnsonville breakfast sausages found in leading supermarkets.



## The Wildflour Way

Just celebrating its third anniversary with its fourth branch in Legaspi Village, Wildflour Café + Bakery is a phenomenon that has truly transformed the local restaurant scene. With always-full tables and a rabid customer following, this café-bakery has succeeded beyond the wildest dreams of its owners, Los Angeles-based chef Walter Manzke and his pastry chef wife Margarita Manzke of Republique fame, along with Marge's sister Ana Lorenzana de Ocampo who is based in Manila.

Having worked with

Chef Walter for several years, Chef Allen Buhay moved to Manila from the United States to head the kitchen for a short six-month stint. Three years later, he is still here, reveling in the success of Wildflour as well as its sibling ice cream parlor, Farmacy. He shares, "Our menu is based on the farm and the market. We bring in new ingredients and we make sure we're not bound by one cuisine." This winning formula seems simple: support the farmers and buy local as much as possible, invest in the best ingredients, work with the right culinary

techniques. And serve unlimited amounts of its fresh-baked artisan baguettes.

*G/F Net Lima Building, 26th Street corner 4th Avenue, Bonifacio Global City, (02) 856-7600*

*G/F The Podium, ADB Avenue, Ortigas Center, Pasig City, (02), 571-8588*

*G/F V-Corp Tower, 125 L.P. Leviste Street, Salcedo Village, Makati City, (02) 808-7072*

*G/F Frabelle Building, Rada Street, Legaspi Village, Makati City, (02) 833-9799*





## Chorizo Fundido

Serves 1

130 grams Mexican chorizo  
1 1/2 tablespoons cheddar  
2 tablespoons mornay sauce (recipe below)  
1/4 cup mozzarella cheese  
1 fried egg  
15 grams arugula  
baguette slices

1. Spread Mexican chorizo on the bottom of a *cazuela* or ovenproof casserole.  
2. Top with the cheddar cheese, mornay sauce and mozzarella cheese.  
3. Bake in a 350°F oven until bubbly.  
4. Place egg on top and garnish with arugula. Serve with baguette slices for dipping into the *fundido*.

### MORNAY SAUCE:

3 cups milk  
1 cup heavy cream  
1/8 teaspoon nutmeg  
1/2 teaspoon black pepper  
1 bay leaf  
1/2 cup flour  
1/2 cup butter  
1 cup grated Gruyère cheese  
salt, to taste

1. In a heavy bottomed pot, combine milk, heavy cream, nutmeg, black pepper and bay leaf. Stir over low heat until scalding, being careful not to burn the bottom. Set aside.  
2. In another pot, make a *roux* by combining the flour and butter. Mix over low heat until flour is cooked, being careful not to brown it too much.  
3. Slowly mix the *roux* into the milk and cream mixture until it thickens over low heat. Remove from heat and add cheese.  
4. Season with salt. Strain sauce to remove spices. Cool.

## Breakfast Steak and Eggs

Serves 1

300 grams boneless rib-eye steak  
190 grams potatoes  
2 teaspoons salsa verde (recipe below)  
2 fried eggs, sunny side up

1. Grill or sear steak to desired temperature. Make sure to rest steaks for 5 minutes before serving.  
2. Bake potatoes in a 350°F oven until tender. Break apart and fry until crispy.  
3. Serve steak with salsa verde on top and fried eggs.

### SALSA VERDE:

1 cup chopped parsley  
1 cup chopped cilantro  
1/3 cup mint, julienned  
1 1/2 cups olive oil  
juice and zest of 1 lemon  
pickled chilies, chopped  
salt and pepper, to taste

Mix all the ingredients together. Season with salt and pepper.

## Wildflour Salad

Serves 2

30 grams arugula  
30 grams mesclun  
30 grams romaine  
2 tablespoons green goddess dressing to taste (recipe below)  
salt and pepper, to taste  
1/3 cup + 2 tablespoons picked cooked chicken, sliced  
1/2 avocado, sliced  
6 slices crispy bacon, roughly chopped  
2 tablespoons blue cheese  
2 tablespoons candied walnuts  
1 to 2 poached eggs

1. Put all the greens

in a bowl and toss with green goddess dressing. Season with salt and pepper.  
2. Arrange chicken, avocado, bacon, blue cheese and candied walnuts on top. Add poached egg or eggs in the center. Season egg with salt and pepper.

### GREEN GODDESS DRESSING:

6 egg yolks  
1 cup white wine vinegar  
1/3 cup water  
1 teaspoon mustard  
3 cups neutral-tasting oil (like canola or corn)  
juice and zest of 1 lemon  
juice and zest of 1 lime  
1 garlic clove, minced  
1 tablespoon chopped tarragon  
20 grams arugula, chopped  
2 teaspoons chopped cilantro  
1 teaspoon chopped basil  
1 tablespoon chopped parsley  
salt and pepper, to taste

1. Put egg yolks, vinegar, water and mustard into a bowl and whisk until fluffy.  
2. Slowly whisk in oil to emulsify the dressing.  
3. Whisk in the rest of the ingredients and season with salt and pepper.

## Shakshouka

Serves 6 to 8

1/4 cup olive oil  
1 kilo red onions, roughly chopped  
1/3 cup + 1 tablespoon chopped garlic  
salt, to taste  
1 kilo yellow bell pepper, roughly chopped  
1 kilo red bell pepper, roughly chopped  
1 kilo green bell pepper, roughly chopped

1 cup harissa paste  
5 kilos overripe roma tomatoes or 3 cans (#10 size) San Marzano tomatoes  
1/3 cup + 1 tablespoon tomato paste  
2 teaspoons cumin  
2 teaspoons caraway seeds  
2 teaspoons black pepper  
6 eggs  
yogurt or feta cheese, for serving  
fresh herbs, for garnish

1. In a big heavy bottom pot, heat olive oil and sauté onions and garlic. Season with salt and let sweat. Add yellow, red and green bell peppers and cook until soft.  
2. Add harissa paste and roast for about 3 minutes. The paste will be very aromatic.  
3. Add tomatoes and tomato paste and cook for a few hours at low heat until the tomatoes have developed natural sweetness.  
4. Season with cumin, caraway seeds, salt and pepper. Set aside to cool.  
5. Before serving, transfer tomato stew

to a big cast iron pan or ovenproof casserole. Crack eggs on top and bake in a 350°F oven until eggs are cooked to your desired doneness.  
6. Serve with yogurt or feta cheese and top with fresh herbs.

## Wildflour Breakfast with Sausage

Serves 2

120 grams breakfast sausage (or your favorite sausage)  
cooking oil, as needed  
2 eggs  
190 grams potatoes  
1/2 mini baguette  
butter, for serving

1. Brown sausages in a pan with a little cooking oil.  
2. Cook eggs according to your desired style.  
3. Bake potatoes in a 350°F oven until tender. Break apart and fry until crispy.  
4. Transfer sausages, eggs and potatoes to a serving plate. Serve with warm baguette and butter.





A man with short dark hair, wearing a black t-shirt, stands with his arms crossed in a kitchen. He is smiling slightly. The background shows wooden shelves with various kitchen items, including books, a small potted plant, and a bowl of fruit.

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# Coffee is so much an intrinsic part of the Filipino heritage that it's a surprise how very little we really know about it

By TROY BARRIOS

Photography by OCS ALVAREZ | Styling by BEL ALVAREZ

If you are, like me, the kind of person who lives to drink coffee, then this story is for you. It's the story of the coffee of the Philippines, from the beans to the cup. There's a rich history, a thriving and dynamic coffee culture. And there's a lot of irony as, for instance, I chanced upon one morning at a small café. The sign behind the counter said "Philippine coffee," prompting the diner to say with a knowing look, "Ah, *barako*!" It's a common misconception that all Philippine coffee is *barako*, scientific name *caffea liberica*. We've taken a kind of national pride in this drink, so full-bodied and bracing that its name literally means "wild boar." The implication is that it's a man's drink, for the bold and the brave (subtext: don't drink it if you can't handle

it!). But the truth is we don't just grow *barako*, we are one of the few countries in the world that grows all four commercial varieties—arabica, robusta, excelsa and liberica. And we grow them in excellent quality all over the country. But, I'm getting ahead of the story.

## A little bit of history


We have to thank the friars for bringing the first coffee plants over from Mexico. It's said that some time in the 1740s, a Franciscan priest arrived on a Manila galleon with three *ganta* of coffee in his luggage. He was sent to Laguna where he planted the first coffee beans, and when he died, some of his plants were taken to Barangay Pinagtolongan in Lipa, Batangas

where, like many hardy immigrants, they thrived.

Coffee adjusted so well to the local *terroir* that after half a century, by the 1800s, they were grown all over the country and we had become the fourth largest producer of coffee in the world. The coffee trade made many people rich, most especially in Lipa which became its main trading point. The zenith came in the 1880s when an airborne fungus, *Hemileia vastatrix*, ruined all the coffee plantations in Indonesia, India and South America. Coffee prices in Lipa rose so high that the town was literally awash in cash, but as this windfall fell into the hands of only a few families, this created a new class of elite who became legendary for their ostentatious display of wealth. There's an anecdote about

# AKO





how the wealthy would order their servants to bring out sack upon sack of gold coins grown moldy and tarnished in the storerooms, wash and polish these coins then spread them to sun-dry on the *azoteas*. This last is most probably fanciful, but it gives you the flavor of the times. Of course it couldn't last. In 1888, the fungus epidemic finally reached the Philippines and destroyed the coffee plantations. They never really recovered.

### From instant to Starbucks

You are what you drink could be an adage for how coffee is served in contemporary Philippines. From the 1940s onwards, each generation has grown up enjoying coffee in a different way. My father, born during the war, has spent his life drinking instant coffee made popular by the American G.I.s. My generation was seduced by American specialty cafés like Starbucks and Seattle's Best. And now there are the Third Wave cafés with their emphasis on craftsmanship, respect for the bean, and an almost cult-like devotion to certain single origin coffees.

But I digress. The great coffee crash of the 1880s destroyed the coffee industry, which didn't recover until the 1950s with government support. By this time, people were drinking instant coffee by the gallons, so coffee farmers shifted to planting robusta, which is the main component of instant coffee. The other varieties were often left growing in small farms and backyards, occasionally picked and hand-roasted

for home consumption. *Barako*, being considered unique to the Philippines, was sometimes offered to visitors (as a drink or as beans), a gesture of Filipino hospitality.

And then came Starbucks in 1997. The first store was a revelation to Manilaños who had been drinking instant coffee all their lives. Suddenly coffee had glamor. It was cool, fun and tasted good. And it was pricey, too. If anything, Starbucks helped "teach" Filipinos how to drink brewed coffee again. The only Filipino brand that took advantage of the newly-created market was Figaro, which made its name selling Philippine coffee and opened branches all over the scene. And then, in 2013, Third Wave coffee arrived in Manila and the first café of that ilk that served only Philippine coffee was Commune.



# Kape: A Filipino Heritage

It's almost impossible to be Filipino and not have your life touched by coffee. Blessed with fertile soils, just the right tropical humidity and climate, the country has been generous to the coffee plant.

When you travel around the country, keep your eyes peeled for local beans. Coffee is grown in 22 provinces around the country. They grow in the mountains, in the foothills and in obscure locations inhabited by indigenous communities. The plots range in size from small family holdings, ancestral domains to larger farms. And because so many of the trees are off the beaten track, the beans don't even find their way to the markets.

Just like the grapes grown to make wine, each location has a unique *terroir* that influences the character of the coffee grown there. Mount Matutum, a volcano in Mindanao, has rich, fertile soil perfect for its organic, shade-grown arabica that produces coffee with a full aroma and fruity complexity. In the Cordilleras, the high altitudes produce aromatic blends.

Wherever coffee grows, you will find it enmeshed in the fabric of life. And I don't mean just the drinking of coffee. In Cavite and Batangas, women handpick and sort the coffee, nursing their babies and gossiping as they do. Small children take coffee berries to the market to exchange for candies. Tuition fees and household goods are paid for with money from the coffee harvest.

In the mountains of the Cordilleras, where the cold can penetrate into the marrow of your bones, coffee is kept brewing hot and ready for family and guests at any time of day. An important socialization ritual occurs

in the mornings, around 4 AM, when coffee is poured and served with *tapuy* or rice wine, as the family gathers around the fire to exchange stories between the generations.

In Pampanga, coffee was traditionally brewed in a *palayok* or claypot with sugar already added. The first brew would be served to the men, and the considerably weaker second brew would be given to the women. That was then. Today's women would never stand for such nonsense. But the point is, coffee and its rituals are so much a part of our national lives that you'd be hard pressed to find a region without a unique coffee culture of its own.

Because things have a way of coming full circle, traditional coffee is finding its way from the provinces to the malls and urban centers. KKK Coffee, a two-year-old Filipino café, was born when owner Brian Tenorio was advised by a consultant that Filipinos "had to be educated to drink coffee the right way." He said, "*Nagpantig ang tenga ko*. The right way? Did he mean that everything we've been doing in Batangas is wrong?" The result is the café, which now has three locations, where he serves local coffee made using traditional Filipino brewing methods, and using local beans sourced from northern Luzon. Brian calls this "comfort coffee." "This is the coffee you drink at home. It's good old fashioned Pinoy-style coffee, not *soya*! but it's certainly special." This year, he's even experimented with the menu, releasing Kapeng Pandan which has coffee poured over pandan leaves, and Kapeng Labuyo, with its infusion of chili. KKK Coffee impressed visiting chef Yana Gilbuena of The Salo Series



## Know Your Beans

When buying coffee for home use, it's best to buy whole beans which stay fresh longer and keep the aroma and flavor intact for longer than the pre-ground beans. It also helps to know your beans.



**ARABICA** is one of the most common varieties. Usually grown in the highlands, it is larger and more oval than the robusta, and can reach twice the price of robusta in the commodities market. This is because arabica has twice the sugar concentration of robusta, giving it more flavor.



**ROBUSTA** is the smaller bean and carries a bitter flavor, due to having twice as much caffeine as arabica. This bean gives a kick to your coffee. Most coffees are a blend of arabica and robusta, to get that balance of aroma,

flavor and jolt of caffeine. Some people prefer to buy their beans green and will roast them at home.



**PEABERRY** is a type of coffee bean (not a variety) that is a naturally occurring mutation of the coffee cherry. Ordinary coffee fruit contains two seeds that develop flattened sides facing each other. A peaberry coffee bean does not flatten, so it appears as an oval bean. Peaberry coffee is a rarity that occurs in only 5% of harvested coffee, but they require more labor. Since they roast differently from flat beans, they have to be picked out and separated to ensure an even roast. Some people prefer peaberry coffee because they roast more evenly, the rounded shape allowing the bean to roll more easily in the roasting chamber. The higher bean density makes for more efficient heat transfer during roasting, resulting in a sweeter and more flavorful coffee.

so much that she invited Brian to do the coffee concoctions at her one-time pop-up dinner in Manila last summer.

Another example is Imelda Ahalul-Dagus, an OFW of Tausug ancestry, who was persuaded to return to the Philippines and revive her father's old coffee business in Jolo. Choosing Zamboanga for her location, she opened Dennis Coffee Garden

serving "Sulu-style" coffee made with beans grown in their family plot in Sulu. Imelda employs Tausug carpenters to build her café; she buys beans from Tausug coffee farmers; and has Tausug baristas. In one fell swoop, the café brings their style of coffee to the larger community, empowering her Tausug family. And there are many more stories like hers.



# Back to the Future

Ros Juan opened Commune in 2013 at the very dawn of the Third Wave. Her café had all the trappings of a Third Wave establishment with one difference—she only carried Philippine coffee beans. The house blend, Commune, is a medium roast blend of Benguet arabica and robusta, perfect for espresso. The lineup usually includes single-origin arabicas—from Sagada, Mount Kitanglad, Mount Matutum and Kapatagan from Davao—the new buzzwords in Philippine coffee.

Sourcing local beans takes up a lot of time, but Ros thinks it an essential part of her business. “We don’t have a super wide selection, so it’s important to maintain the quality of our supply,” she says. When checking and cupping new single origin beans, Ros keeps top of mind the taste profile of the Filipino drinker. “The Pinoy flavor profile is still pretty different,” she says, “and when I travel I notice this. Our exposure is to Italian and French roasts, which are very dark. So to most Pinoys, coffee is bitter. They think bitter coffee is strong coffee.” She feels our taste profile is closer to Europe and Japan, where the coffee is not known for acidity. “Just a bit of acidity, the nice kind,” Ros explains, “just enough to make it feel juicy.”

Ros discovered Philippine coffees as a high school student, when she would join the Figaro Coffee Farm Tours in the early 2000s. Over the years, she’s noticed

a lot of changes. In the early days, the participants were just curious yuppies who wanted to take a day trip. But in recent years, coffee farm participants are mostly young professionals with family-owned farms who want to learn how to make these lands productive once more. It’s very hopeful. Ros is also involved in coffee training—from training, to cupping to post harvest production. “There’s a real need to educate the consumer,” she says. But increasingly, too, training is happening at the farm and production levels—essential to get consistently good coffee.

“There are serious efforts by small groups to develop high-end quality coffee up to specialty-grade coffee,” says Robert Francisco of Boyd Coffee. The problem, says Robert, is we are far behind in volume production, so far behind that we can’t be a significant world producer. But the solution might be to make sure that the little coffee we produce be exceptional. That will bring Philippine coffees into the niche and micro markets where prices are higher. But there are still a lot of problems, from rejuvenating and replacing old trees to applying good farming methods.

It’s going to be a long haul before Philippine coffee achieves global status, the way it was in the 1800s. But we’re growing, and we’re learning. Tastes are changing. Ros Juan shares, “At Commune, we get a mix of customers. A lot are transitioning from the sweet

stuff, just getting into coffee. But they’re all very eager to learn. A few are geeks who will really check the coffee. They want to see the beans, they want to smell the beans. Their tastes have evolved. Cold brews are really popular.”

At the end of the day, coffee is such an intrinsic part of our culture and heritage and there’s just so much to learn, there’s no need to be pretentious. Enjoy coffee the way you want to and grow into it. That will be good enough.

## MYTHS & MISCONCEPTIONS

*Ros Juan’s advice for coffee drinkers*

- Bitter coffee is strong coffee. Not necessarily. What really makes coffee strong is the amount of caffeine it contains. Robusta, which has the most caffeine content, is used in 3-in-1 coffees, so technically they provide “stronger” coffee than a cup of brewed arabica.
- If the coffee has acidity, it’s old. There’s pleasant acidity, and then there’s acidity that’s assaulting to the senses. Some coffees are simply more acidic than others. It’s a matter of preference or taste.
- These beans are bad. Don’t be so quick to blame the beans, if you’re not getting the coffee you want. Coffee changes depending on the kind of beans you choose, the type of roast, and the preparation method. For example, a medium roast bean might come out bitter if used in an espresso, but will have the right acidity when you use a pourover. Some coffees that are too bitter turn out milder with the hand drip method. I say, experiment before you blame the beans.
- This coffee is rancid. It could be the roast. A lighter roast produces more acidity, and some roasters deliberately choose to roast light because they want the flavor profile of the beans to emerge. When you use light roast, you can still get fruity flavor tones of the coffee bean. Dark roasts will start tasting the same. Taste some light roasts once in a while to discover new flavors.
- All Philippine coffee is barako. Not at all. The barako is a certain kind of bean with a particular size and characteristics—and it’s just one of several varieties growing in the Philippines.



## Women in Coffee

Wherever in the world coffee is grown, women make a difference. They hand pick the cherries, they sort the beans, they are at the heart of coffee culture from the farm to the cafés. Women in Coffee is a program of the Philippine chapter of the International Women's Coffee Alliance (IWCA) to support women farmers and coffee producers in the country. In doing so, they give women a voice and unearth the stories behind the beans.

Like Princess, a woman from Sulu who became a member in 2012. Princess is a social worker, an entrepreneur and a coffee farmer. In her village, she got the community involved in planting coffee in an area wrought with terror and conflict. Because of the coffee trees, incomes in her community have grown from zero in 2009 to P120,000 per year per family in 2014. It's a powerful story.

This year, Women in Coffee launches the program Better Barista, where underprivileged women, mostly widows and girls who did not finish school, are trained to be baristas, a marketable skill. The program also does training at the farm levels, which not only upgrades the quality of coffee but also makes it possible to ensure traceability of the coffee, essential for branding single origin beans.

Why focus on the woman? United Nations statistics tell you that women bring back 60% of their income to the dining table, in contrast to the men who give only 40%. Feed the woman and you feed the family.





# Spilling the beans

*Our insider guide on where to find Philippine specialty coffee here and abroad*

## MOUNT APO COCOTOS ESTATE

This single-origin coffee is made from pure mountain arabica grown on the family-owned farm located on the slopes of Mount Apo, the highest mountain in Mindanao. At 1,200 meters above sea level, the frost-free nights, dry sunny days and fertile volcanic soil come together to produce this elegant, aromatic coffee. Available only in small batches. To order, call (0917) 836-0888, email [mace.coffee@gmail.com](mailto:mace.coffee@gmail.com)

## TONG COFFEE

This mom-and-pop distributor roasts coffee twice a week to ensure freshness. The beans are sourced from all over the Philippines and prepared using a family heirloom roasting process. The lineup includes Casero Blend with its smooth, fruity notes, the dark and powerful 100% Batangas Barako, and Cosmopolitan Blend, a full-bodied and very aromatic dark roast.

*Available at the Salcedo Saturday Market and the Legazpi Sunday Market*

## GRUMPY NO MORE

If you don't feel like brewing your own coffee at home, grab a few bottles of Grumpy No More. These handcrafted and bottled cold brew coffees are made in small batches with a whole lot of love! Available at Magpie Cafe, StrEAT FoodPark, 91 Maginhawa Street, Quezon

City; The Bottle Shop, Paseo de Magallanes, Makati; The Daily Jusa, 111A Maginhawa Street, Quezon City and 5 West Capitol Drive, Kapitolyo, Pasig

## COFFEES FOR A CAUSE

This line of coffees is sourced from small communities around the country through the assistance of the Philippine Coffee Board Inc. (PCB) and the International Women's Coffee Alliance-Philippine chapter who work closely with local farmers to ensure quality. The line includes Women in Coffee's Benguet Arabica, the Peace and Coffee Blend from Sulu, and small batches of peaberry coffee.

*Available at Echostore, for list of branches visit [www.echostore.ph](http://www.echostore.ph)*

## KALSADA COFFEE

Its name represents the journey of Filipino coffee, from seed to cup. Inspired by an ancient sepia photo that revealed Filipino coffee being sold in Seattle in 1909—nearly 60 years before Starbucks arrived in the Philippines—Carmel Laurino launched Kalsada Coffee in 2013. The brand works with local farmers to bring specialty Philippine coffee to buyers outside the country. So far, they've reached Seattle, Miami, Vancouver, Paris and “everywhere in between.”

*For more information, visit [www.kalsada.org](http://www.kalsada.org)*





(1) Red coffee cherries in Baguio ready to be harvested for TonG Coffee; (2) Setting up for a coffee cupping; (3) Kat Mulingtapang, board director of the International Women's Coffee Alliance and a certified Q-grader (quality grader) holds a cupping session for cafe owners and coffee enthusiasts in Davao City; (4) green coffee beans are sorted by hand; (5) a sample of Grumpy No More bottled cold brews

(1) Courtesy of TonG Coffee; (2) Photo by Shaira Luna; (3 and 4) Courtesy of Pacita Juan, International Women's Coffee Alliance-Philippine chapter; (5) Courtesy of Grumpy No More



## No coffee snobs please

"Coffee should be black as hell, strong as death, sweet as love," says an old Turkish proverb. But there is really no reason not to enjoy your coffee any way you please. In Cavite, for example, the old practice was to boil a kilo of ground coffee with a kilo of sugar in a *palayok*. Kept simmering all day, the coffee would be ready for anyone in need of a java jolt. Chef Robby Goco of Cyma and Green Pastures shares his old family recipe in Taal, which involved mixing raw eggs (and sometimes the egg shells) with the coffee grounds before brewing in a vintage percolator. We say, to each his own; coffee is friendly and democratic! Here are two easy ways to "spice up" your coffee experience.

## Barako Coffee Jelly

Serves 6

4 cups strong brewed  
*barako* coffee  
sugar, to taste  
2 packs unflavored gelatin  
2 tablespoons coffee  
liqueur, optional  
whipped cream, for garnish

1. In a pot, boil coffee. Whisk in sugar and gelatin until dissolved. Stir in coffee liqueur, if desired.
2. Pour into a baking dish and chill until set.
3. Cut into 1 1/2-inch cubes. Serve in a mug and pour over whipped cream.

## Spiced Coffee

Serves 2

1/4 cup ground coffee  
caster sugar, to taste  
2 cups cold water  
ground cinnamon  
cardamom  
cloves

1. Put coffee and sugar in a coffeepot and brew for 30 seconds over low heat or use a French press, if available.
2. Pour in water, stir and simmer until foam rises. Do not boil!
3. When foam has risen, turn off heat and strain into individual mugs. Sprinkle with cinnamon, cardamom and cloves before serving.





# Fiercely Filipino

*Our local chefs dazzle with their superb innovations  
inspired by Madrid Fusión Manila*

By ANNE MARIE OZAETA

Photos courtesy of MADRID FUSIÓN MANILA

Much has already been written and discussed about last April's Madrid Fusión Manila, regarded as the country's biggest culinary event of the year. A regional spin-off from the world-renowned Madrid Fusión, the Manila event brought in big names in the culinary world, like Elena Arzak, Andoni Luis Aduriz, Quique Dacosta, Paco Roncero and Andre Chiang, among others, along with a contingent of local chefs who all shared the concepts and inspirations behind their cooking.

The theme, "Philippines-Spain: A 300 Year Gastronomic Journey," set the tone for the presentations of many of the local chefs, as they referenced much of the history of Filipino cooking vis-à-vis Spain's colonial presence. What was evident throughout these talks is our search for what is "native" in our cooking versus what is "borrowed." For instance, Claude Tayag of Bale Dutung worked on defining our adobo; Fernando Aracama of Aracama explored sour fruits as a distinctly Filipino flavor base; while Myrna Segismundo discussed the

coconut's importance in our cooking. In a way, Madrid Fusión Manila challenged our local chefs to think about Filipino cuisine in different ways, within the context of Spanish colonization.

Here, we share three recipes presented at (or inspired by) this seminal event. J Gamboa of Cirkulo creates a Filipino version of a Spanish dish, using *sisig* as its main component. Margarita Forés of Grace Park and Lusso resurrects our use of roe and the seemingly obscure fish sperm. Juan Carlos de Terry gives us his take on

*dinuguan*, reimagined as risotto. While these recipes are very different from each other, what they share is a predilection for off-cuts, offal and organ parts—quite trendy among Western chefs, but something wholly familiar to most Filipinos.

While these dishes may not be your typical home-cooked fare, they are meant to showcase some of the most interesting ideas being explored in contemporary Philippine cooking. Daring as they may seem, they also happen to be delicious, and simple enough for home cooks to replicate. **1**



## LIFE-GIVING SEAFOOD

Margarita Forés' presentation intrigued with the title "What Gives Life." And indeed, she focused on fish roe and sperm that not only give life, but impart distinct flavors and textures. According to Chef Margarita, some provincial cooks simply sauté in onions and tomatoes, while others do an adobo version. Sperm (*bagaybay*) can be used in *kinilaw*, while fish roe (*bihud*) is often marinated in vinegar, garlic, *calamansi* and salt, then deep fried. Or it can be fermented into *buro*. You can find roe and sperm at Farmer's Market early in the morning when the large tuna are dressed. Just order beforehand so the vendor can reserve some for you.



## Tuna Roe and Sperm Sac Risotto, Pata Negros

Recipe by Margarita Forés  
Serves 1

### TUNA ROE:

1 whole tuna roe (*bihod*)  
8 cups vegetable stock  
1/4 cup butter

### SEARED SPERM SAC:

1 whole sperm sac (*bagaybay*)  
salt and freshly cracked black pepper, to taste  
1 tablespoon butter

### GARNISH:

*pata* Negros  
fresh *guso* (seaweed)  
red amaranth  
extra virgin olive oil

1. In a pot, poach tuna roe in vegetable stock for 15 minutes then allow to cool. Slice roe in half, widthwise. Sauté in pan with butter, roe side down. Remove from pan then scrape cooked eggs and transfer to a plate. Set aside.
2. Clean sperm sac by slicing off excess skin then cutting it 1/2-inch thick, at a diagonal. Season sac with salt and pepper. In a pan, add butter. Once butter is brown, sear sac until golden. Set aside.
3. To assemble, arrange risotto (recipe below) on a plate. Top with roe and sperm sac. Place a slice of *pata* Negros and *guso* next to it. Garnish with red amaranth and a drizzle of olive oil.

### RISOTTO:

2 tablespoons butter  
1 small white onion, chopped  
100 grams 9-year-old Acquarello rice  
2 tablespoons white wine  
4 cups hot shrimp stock  
salt and freshly cracked black pepper, to taste

1. In a pan, sauté onion in butter until translucent. Add rice. Slightly toast rice for 3 minutes then deglaze with white wine.
2. Pour a ladle of hot shrimp stock. Stir with a wooden spoon. Turn down the heat to a simmer. Keep adding ladlefuls of stock and stirring, allowing the stock to be absorbed before adding the next. Continue until rice is soft but with a slight bite. Season with salt and pepper.

## DINUGUAN REIMAGINED

Juan Carlos de Terry proudly carried the flag for his native Spain with his talk on "Spain as the Center and Origin of Modern Occidental Cuisine." But having called the Philippines his home for many years now, he has also become fascinated with Philippine cooking, finding ways of reimagining our flavors and ingredients in new ways. Savor his latest brainchild, as he transforms our native *dinuguan*, offal and all, into a refined yet still hearty version of risotto.

## Dinuguan Risotto Caldo

Recipe by Juan Carlos de Terry  
Serves 4 to 6

180 grams Arborio rice  
2 cups *dinuguan* caldo (recipe below)  
1 1/2 cups *dinuguan* (recipe below)  
salt, to taste  
1 tablespoon butter  
green finger chili, for garnish

1. Cook Arborio rice in *dinuguan* caldo until rice is almost al dente.
2. Add *dinuguan* mixture of meat and sauce and continue to stir until cooked.
3. Season with salt and add butter. Check consistency of rice.
4. Serve with green finger chili on top.

### DINUGUAN CALDO:

2 kilos pork bones  
12 cups water  
8 bay leaves  
40 peppercorns  
2 onions, quartered  
3 tablespoons salt

In a stock pot, boil all ingredients for 1 hour or until the bones extract to the broth.

## Dinuguan

Recipe by Juan Carlos de Terry  
Serves 6 to 8

3 tablespoons olive oil  
1 1/2 tablespoons minced garlic

1 white onion, minced  
1/3 cup + 1 tablespoon pork liver, diced  
3/4 cup native vinegar  
3 cups pork broth (recipe below)  
1 1/4 cups pork blood, sieved  
1 cup coconut milk  
4 long green finger chilies  
1 tablespoon rock salt

1. Sauté garlic in olive oil. Add onion, pork liver, and diced pork head and pork heart from the broth (recipe below).
2. Pour in vinegar then let boil uncovered, without stirring until vinegar has evaporated.
3. Add pork broth. Cover and simmer for 2 minutes.
4. Pour in sieved pork blood, stirring continuously to desired thickness.
5. Add fresh coconut milk and finger chilies, simmering for 5 minutes. Season with rock salt.

### PORK BROTH:

1/2 kilo pork head  
1 pork heart  
20 peppercorns  
4 bay leaves  
1 tablespoon rock salt  
3 cups water

Boil pork head and pork heart with peppercorns, bay leaves and salt in water until tender. Remove pork meat from broth. Dice meat and set aside. Reserve broth.

Photo by JUAN CARLOS DE TERRY



### SISIG SPANISH-STYLE

Chef J Gamboa closed Madrid Fusión Manila's three-day conference with a talk on "Nose-to-Tail Eating in the Filipino-Spanish Menu." Best exemplifying this theme is his version of the Spanish Huevos Rotos or Huevos Estrellados, fried potatoes with runny eggs and chorizo or *morcilla*. While Spanish in origin, Chef J brought a strong Filipino component to the dish with Cirkulo's signature *cabeza de cerdo* or sisig made from the heads of suckling pigs. He added a few drops of Pedro Ximenez vinegar to cut the richness. Chef J advises mixing all the components together, with the eggs serving as a binding sauce. Enjoy it any time of the day as a light meal or a fortifying snack.



### Huevos Rotos

Recipe by J Gamboa

Serves 6 to 8

- 1 pork head, preferably from a suckling pig
- salt and pepper, to taste
- 1 tablespoon corn oil
- 1 *siling labuyo* (bird's eye chili), sliced
- 1 small onion, minced
- 2 tablespoons soy sauce
- 2 tablespoons *calamansi* juice
- 2 eggs, cooked for 1 hour at 65°C in a thermal circulator (or use poached eggs)
- Pedro Ximenez vinegar, to taste (or use balsamic vinegar)
- chopped parsley, for garnish

1. Place pork head on a roasting pan, and season

with salt and pepper. Bake in a 325°F oven for 60 to 90 minutes or until golden brown and crispy. Set aside and let cool. Once cool, remove meat and skin from the bones and chop into 1/2-inch cubes.

2. In a sauté pan, heat oil and sweat chili and onion for 3 minutes or until soft.  
3. Add cooked pork head and sauté for 3 minutes.  
4. Deglaze with soy sauce and *calamansi* juice. Season with salt and pepper. Set aside.

5. To assemble the dish, in a serving bowl, create a "nest" with the shoestring potatoes. Crack the 2 eggs in the center of the nest.

6. Spoon pork *sisig* around

the eggs. Place 2 drops of Pedro Ximenez vinegar on the eggs.

7. Sprinkle with chopped parsley. Serve immediately.

### Shoestring Potatoes

Serves 3 to 4

- corn oil, for deep frying
- 2 large potatoes, julienned on a mandolin
- salt and pepper, to taste

1. In a deep-sided pot or wok, heat corn oil to 175°C.  
2. Carefully drop potatoes into the hot oil and cook until crisp, 4 to 6 minutes.  
3. Drain potatoes on paper towels. Season with salt and pepper.



# Moon over Makapunô

*This crazy coconut that's brought to us by folk belief, science and faith*

By JENNY B. ORILLOS 1st Prize, Doreen G. Fernandez Food Writing Award 2015

Photography by PAUL DEL ROSARIO | Styling by TINA CONCEPCION DIAZ

When nature decided to play a trick on the farmer, it pulled off the *makapunô*. From the outside, it looks just like an ordinary coconut. But crack it open and you'll find the coconut water replaced by nut meat that fills almost the entire shell. The core is semi-liquid, giving way to curd-like, gelatinous meat and its outer portion is soft and tender white meat. This is how it got its name—*punô* is Tagalog for “filled.”

This unusual type of coconut seems to be alluded to in a Hiligaynon proverb in Damiana Eugenio's Philippine Folk Literature:

*Sa isa kadahug nga lubi*  
(In one bunch of coconuts)  
*may isa gid nga buang.*  
(there is one that is defective.)

While the Tagalog word for “defect” is generally used to refer to misfits of the human population, in this case being “defective,” or at least different, is what sets *makapunô* apart from the rest of the coconut family.

Folk wisdom from the Bikol region also likens coconuts to the moon, that celestial body many have associated with lunacy:

*Tiktikan, buksan, bulan.*  
(Hit with a bolo, open, and you find the moon.)

This proverb becomes even more significant to the *makapunô* (also spelled *macapuno*) which, because of its oddity, is also known as mutant coconut or coconut sport.

Before the 1960s, only a handful of coconut trees produced *makapunô*, mostly from plantations in Cavite, Laguna, Batangas, Quezon, Pangasinan, Albay and Davao. According to the Philippine Coconut Authority-Albay Research Center, *makapunô* was conventionally propagated by planting *kabuwig* nuts, wherein seedlings from non-*makapunô* nuts are planted together with a *makapunô* nut (*kabuwig* means “from the same bunch”).

Trees that could be counted on to produce *makapunô* nuts were called “*segurado*,” documents the *Philippine Journal for Agriculture* (1937). To ensure that a tree would bear *makapunô*, some farmers practiced a coconut planting ritual: the planter cooked rice until very soft then kept his mouth full of this rice as he planted the germinated coconut, writes Emma Yule of U.P. Los Baños.

*Makapunô* does not germinate on its own, so everything was left to chance until two scientists found a solution. Dr. Emerita V. de Guzman developed the first *makapunô* embryo culture in the 1960s which produced *makapunô* seedlings from tissue culture. In the 1990s, Erlinda P. Rillo developed a cloning protocol which yields up to 98% *makapunô* nuts.

Because of the uncertainty of producing *makapunô*, it is considered a precious ingredient in many Philippine delicacies. The cook will pay ten times more for *makapunô* than for an ordinary coconut.

In her cookbook

*Treasured Home Recipes*, Julia A. Iturralde of Quiapo recalls, in the days before the war, how her aunt Eriberta used to prepare sweetened *makapunô* the day before the feast of the Black Nazarene. The gelatinous part was poured into a bowl, while the pulp was grated into thin strips then mixed with it. It was boiled in a sugar-water syrup until the syrup thickened. The preserves were stored in beautiful glass jars with decorative covers. In another Quiapo home, the favored dessert was fruit salad and *inuhog na makapunô* (the term *inuhog* refers to the *makapunô*'s mucous-like texture).

The Iturralde *makapunô* belongs to an era when homes still made their own bottled delicacies and the nuts were accessible in the *palengke*. Cookbooks from the 1950s to the 1970s recorded *makapunô* recipes, showing its equal importance with ordinary coconut in our culinary culture.

*The Manila Chronicle Recipe Books* include Macapuno Upside-Down Cake, macaroons and mazapan. *Makapunô* has the subtle flavor of fresh coconut. It's often cooked with *pandan* or flavored with *dayap*, as in Pat Limjuco Dayrit's Suspiros de Macapuno in *Favorite Filipino Recipes*. Nora Daza adds anise to the preserves in Macapuno Chiffon Cake (*Let's Cook with Nora*).


Looking for *makapunô* in Manila these days is a gamble. “*Minsan lang masuwerteng mayroon*,” Arranque Market vendors say. “*Nalalaman lang namin kapag nabiyak*

*na* (when it's opened),” says a vendor at Nepa Q-Mart, whose child took home the day's nut. In Quinta, Farmer's, Paco and Libertad, meanwhile, there's only *niyog* available.

A farmer can identify *makapunô* by feel from its heavy weight. When he shakes and taps on the nut, it does not produce sound because it's filled with meat. Some *makapunô* nuts, however, will slosh as though filled with thick liquid. I was once tempted to shake all the coconuts in a stall to find the elusive nut, but the vendors might think I'd lost my mind.

In the city, processed *makapunô* is available—in strips or balls in syrup, candy, pastillas, tarts. But where to find fresh *makapunô* in the middle of October? I found my answer in Santo Cristo, Divisoria where men haul sacks of coconuts into warehouses. An old man said I had to wait until February. “*Dadagsa ang makapunô kapag December*,” advised a kind lady, the season when the Iturraldes made sweetened *makapunô*.

Science has made it possible to produce *makapunô* commercially, so we'll always have *makapunô* in ice cream, cakes, pies and candy. *Makapunô* completes our *halo-halo*. Served with *ube* and *leche flan*, it's a combination Quijano de Manila calls “proletarian festive fare.”

I'll consider myself lucky the next time I come across this misfit coconut. It's a culinary heritage made possible by folk belief, science and faith. To defy the norm is *makapunô*'s sweetest gift. 



## Food Writing at its Best

Now on its 12th year, the Doreen G. Fernandez Food Writing Award is the only one of its kind in the country. It is dedicated to the memory of pioneering food anthropologist and dean of Philippine food columnists, Doreen Gamboa Fernandez. Its objective is to inspire research into Philippine culinary culture and to sustain a pool of increasing new talents in food literature and food journalism.

### Winners 2014

Inspired by the theme of “coconut,” Jenny Orillos won first prize at last year’s Doreen G. Fernandez Food Writing Award. Previously, she placed second in 2008 and 2011. She has been writing on food for the past ten years for various publications, including FOOD Magazine. Her latest endeavor is National Bookstore bestselling book, *Panaderia: Philippine Bread, Biscuit, and Bakery Traditions*, co-authored with Amy A. Uy and published by Anvil Publishing.

Elmer Nocheseda won second place with “Puso sa Lukay” while C. Horatius Mosquera took third place with his essay “The Sweet Nectar of Life.” Lolita Lacuesta, Ruby Cariño and Noelle de Jesus won honorable mentions.

### Call for entries: Herbs

Aspiring food writers are encouraged to submit entries to this year’s DGF Food Writing Award with the topic of “herbs.” Deadline for submission is October 11, 2015. The entry should be an essay in English of not less than 4,500 characters or more than 5,000 characters (800 words), double-spaced. Judging continues to be based on content (50%), research (30%) and style (20%).

Entries should be emailed to [dgfawards@yahoo.com.ph](mailto:dgfawards@yahoo.com.ph) with a separate file containing the author’s real name, pen name, contact numbers, address and a brief bio note. Each contestant may submit up to two different entries, each with a different pen name.

For more information, visit Doreen Gamboa Fernandez Food Writing Award on Facebook.






# COOKING YOUR WAY TOWARDS HEALTH

*Healthy, low-calorie food  
can be delicious, satisfying,  
and easy to prepare.*

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*Photography by* **PAULO VALENZUELA**

*Text by* **GINNY MATA**

In a city rife with fast food, all-you-can-eat buffets, and endless options for all manner of fattening things, it can be challenging to try to eat more healthfully. But as prominent cookbook author Mark Bittman will say, “cooking solves everything.” It’s best to cook your own food, so you can control exactly what goes into it. The freshness and quality of the ingredients you use is also important. If possible, try to source your vegetables directly from the organic farms that produce them, which also deliver directly to your doorstep (such as Down To Earth, Healthy Carabao, etc.), or from stores that specialize in selling organic produce like Echo Store, Ritual Shop and Café, Got Heart Foundation. There are also online grocery stores from which you can order organic goods, including The Healthy Grocery, The Green Grocer and Paleo Manila. For more information, go to [onthegreenlist.com](http://onthegreenlist.com) 



### Stuffed Eggplants with Mushrooms

Eggplants are low in calories, at just 35 calories per cup. They have no fat, and their high fiber content can help you feel full. But they can be rather oily when they are fried, so we've opted to partially bake them here as "shells" instead. Besides being healthier and less caloric, these baked eggplant shells also have a wonderfully smoky flavor that pairs very well with cheese, mushrooms and fresh basil. Instead of eggplants, zucchini or red bell pepper can be used. And in place of ricotta cheese, you can also use yogurt, sour cream, cottage cheese or marinara sauce.

180  
CALORIES  
per  
serving



480  
CALORIES  
per  
serving

### Prawns in Red Curry Sauce

Coconut milk often gets a bad rap for being high in cholesterol, but new studies have shown that foods that are high in fat have little bearing on one's cholesterol levels, as long as they are eaten in moderation. But if you want to lessen the calories to this dish, just replace the prawns with chicken, and the coconut milk with yogurt. These prawns need to be poached in the curry sauce gently, over low to medium heat, because they become tough and rubbery when they are overcooked. After deveining and butterflying, you can rub a little salt and pepper on the inside of each prawn. This is to ensure that all the prawns are seasoned properly.







170  
CALORIES  
per  
serving

### Chicken Lettuce Wraps

These healthy low-calorie wraps are very versatile: the breast meat here acts as a blank slate which takes in the flavors of its marinade. The dish's accompaniments (cucumber, green onions) are also interchangeable with other cruciferous vegetables that you might have on hand, like carrots or jicama, depending on your chosen flavor profile. For Asian soy-based flavor, it's best to go with green onions and cucumbers; for more Western flavors, like honey mustard, Fuji apples would be good as well. You can also use thinly sliced beef tenderloin or sliced tofu instead of chicken.



280  
CALORIES  
per  
serving

### Beef Tenderloin Steaks with Red Wine Sauce

For those on a high-protein diet, eating beef is de rigueur. It is best to pan sear the beef tenderloins then place in the oven for the desired doneness. Pan searing the meat keeps it moist and tender. You can serve this with mashed potatoes, roasted mixed vegetables, steamed vegetables, or with your favorite salad. The residue left at the bottom of the pan after the steaks have been seared is liquid gold. These are umami flavor bombs that need only to be deglazed with wine and beef stock, then simmered down to make a richly nuanced *jus*.







150  
CALORIES  
per  
serving

### Baked Fish Tacos with Mango Salsa

In any healthy diet plan, including fish is always a given (unless you're a vegetarian).

To keep the fish fillet from drying out in the oven while it's baking, you may also choose to cook it in en papillote, or sealed in parchment paper or aluminum foil, so that it gently poaches in its own juices, together with the spices and the herbs.

You can use any white fish (cream dory, cobbler or sole) for this recipe. You can also substitute mango with avocado or pomelo.



## Stuffed Eggplants with Mushrooms

Serves 4

- 6 medium-sized eggplants
- 3 tablespoons olive oil, plus extra for drizzling
- kosher salt and black pepper, to taste
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 12 cherry tomatoes, cut in half
- 1 cup white button mushrooms, coarsely chopped
- 1 cup basil leaves, chopped
- 1 cup cottage cheese
- 1 cup mozzarella cheese, shredded

1. Preheat oven to 300°F.
2. Slice eggplants in half lengthwise leaving the stem intact. Scoop out half of the eggplant flesh with a teaspoon and set aside. Brush the eggplants with olive oil. Season with salt and pepper. Place the eggplants in a baking dish. Cover with foil and bake for 15 to 20 minutes.
3. While waiting, heat the remaining olive oil in a non-stick pan. Add onion and cook until soft. Chop the eggplant flesh and add it to the pan. Add garlic and tomatoes and cook for 3 to 5 minutes. Add mushrooms and basil. Season with salt and pepper.
4. Remove eggplant shells from the oven. Add mushroom mixture to the eggplants shells. Top with cottage cheese and mozzarella cheese.
5. Return to oven and bake for 10 to 15 minutes until the cheese is melted.

## Prawns in Red Curry Sauce

Serves 4

- 3 tablespoons olive oil
- 2 tablespoons onion, chopped
- 2 tablespoons garlic, minced
- 1 tablespoon Thai red curry paste, or as needed
- 1 cup coconut milk
- 1/4 cup chicken stock
- 2 teaspoons Thai fish sauce (*nam pla*)
- 1 kilo large prawns,

- peeled, deveined, heads removed, tail on
- 1 teaspoon lime juice
- 3 tablespoons fresh cilantro, coarsely chopped
- 1 tablespoon spring onion, chopped
- 4 stems cilantro, for garnish

1. Heat olive oil in a large skillet, then add onion and garlic. Mix in red curry paste, coconut milk, chicken stock, fish sauce and bring to a boil.
2. Add prawns and lime juice. Cook for 5 to 10 minutes or until the prawns are cooked.
3. Sprinkle with chopped cilantro and spring onion. Garnish with cilantro stems. Serve over basmati, jasmine or plain rice.

## Spicy Chicken Lettuce Wraps

Serves 4

### MARINADE:

- 5 tablespoons low sodium soy sauce
- 5 tablespoons dark brown sugar
- 3 tablespoons dark sesame oil
- 2 tablespoons garlic, minced
- 1/2 teaspoon ground black pepper
- 1 tablespoon red pepper flakes, or to taste

### CHICKEN:

- 1 teaspoon cornstarch sugar, to taste
- 6 chicken breast halves, boneless, skinless, sliced
- 2 tablespoons canola oil
- 12 Bibb lettuce leaves
- 2 cups Jasmine rice, cooked
- 2 English cucumbers, sliced round
- 2 tablespoons toasted sesame seeds
- 6 stalks green onions, sliced 1/2 inch diagonally

1. In a medium bowl, combine the marinade ingredients. Add the chicken slices to the marinade and refrigerate for an hour. After 1 hour, remove chicken from the marinade. Set aside the marinade.
2. Add cornstarch and sugar to the reserved marinade.

Mix well until it dissolves.

3. Heat a skillet over medium-high heat. Add canola oil and swirl pan to coat. Add chicken slices and cook 2 minutes on each side or until done. Remove chicken from the pan and transfer to a plate.
4. In the same pan, add the marinade mixture, simmer and reduce to half, then transfer to a serving bowl.
5. To plate, top each lettuce leaf with 2 to 3 tablespoons rice, chicken slices and 2 cucumber slices. Sprinkle with sesame seeds and green onions. Serve with sauce on the side.

## Beef Tenderloin Steaks with Red Wine Sauce

Serves 4

- 2 teaspoons coarsely ground black pepper
- 1/2 teaspoon kosher salt
- 4 garlic cloves, minced
- 4 beef tenderloin steaks, 4 to 5 ounces and 1-inch thick each, trimmed
- 1 teaspoon canola oil
- 1/4 cup red wine
- 1/4 cup beef stock
- 2 tablespoons fresh thyme, chopped

1. In a small bowl, combine black pepper, salt and garlic. Rub evenly over tenderloin steaks.
2. Heat a non-stick pan over medium-high heat, add oil and spread evenly on pan. Place steaks in the skillet and reduce heat. Sear and cook each side for 4 to 5 minutes or until desired doneness. Remove steaks from pan.
3. Add wine and beef stock to pan. Simmer until reduced to half.
4. Transfer steaks to a serving plate. Drizzle with sauce. Sprinkle each steak with fresh thyme. Serve with roasted marbled potatoes and steamed asparagus, if desired.

## Baked Fish Tacos with Mango Salsa

Serves 4

- 4 white fish fillets, 6 ounces each, like cobbler, cod, mahi-mahi, snapper, bass, trout
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon Spanish paprika
- 1 tablespoon garlic, minced
- 1 tablespoon fresh parsley, chopped
- 4 small pitas
- fresh cilantro, for garnish

### MANGO SALSA:

- 1 ripe mango, large, peeled, pitted, diced
- 1/2 red bell pepper, diced
- 2 tablespoons red onion, chopped
- 2 tablespoons fresh cilantro, chopped, plus more for garnish
- 1 jalapeño pepper, seeded, minced
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- salt and ground black pepper, to taste

1. Preheat oven to 350°F.
2. Arrange fish fillets in a baking dish and drizzle with olive oil. Season with salt, black pepper and paprika. Sprinkle with garlic and parsley.
3. Place fish in the preheated oven and bake for 15 to 25 minutes or until cooked.
4. To make the salsa, in a large bowl, combine mango, red bell pepper, red onion, cilantro and jalapeño pepper. Add lime juice and lemon juice, and toss well. Season with salt and pepper. Refrigerate until ready to serve.
5. Put fish fillet on pita bread. Top the fish with mango salsa or serve on the side. Garnish with cilantro.





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COOK IT 5 WAYS







# FAT — IS — IN

*Good oils are the comeback kids that deserve a big fat welcome in our kitchen*

*Story, recipes and styling by* TINA CONCEPCION DIAZ

*Photography by* PAUL DEL ROSARIO

Long regarded as the bane of dieters and health buffs, fats in the form of butter and all sorts of oils have been sadly banished from the table and pantry, to the great decline of flavorful food.

But as it turns out, that smidgen of butter you sneakily spread on your toast this morning could be good for you after all. More importantly, it's no longer the enemy it was made out to be for the longest time.

Saturated fats which butter, coconut oil and meats have plenty of, are found in studies to raise the body's levels of good cholesterol (HDL) and even change the quality of bad cholesterol (LDL) from small, dense LDL that can cause heart disease, to large LDL particles that have a hard time penetrating the artery

walls. When they say fats raise cholesterol levels, it's not entirely a clear picture of what's really happening inside. A review of several studies has established no direct link between saturated fat and heart disease.

On the other hand, this finding isn't about to give anyone license to splurge on fats. Too much of anything always has a negative impact on the body. Ultimately, it's what we eat and how much of it we consume that affects the state of our health.

It's high time we welcome back our sorely missed fats in all their pudgy glory and with them, all the goodness and flavor that hang around them.

Enjoy them to the fullest in moderate and appropriate amounts. **F**



### Breakfast Granola

Enjoy a bag of nutritious granola anywhere and any time by making this easy, just-dump-everything-on-a-tray recipe, complete with crunchy nuts, fruits, honey, and very healthy virgin coconut oil. This saturated fat is rich in lauric acid, a fatty acid that has antibacterial properties and helps improve the body's cholesterol quality. Because it's more than 90% saturated, it can withstand high temperatures and stays stable at room temperature for months without going rancid. Use it for baking, frying or as a salad oil.





## Pasta with Browned Butter and Sage

Savor the sweet, nutty flavor of butter when used as ghee, which has been clarified and its milk solids cooked to golden bits. Enjoy its goodness knowing that butter is rich in fat-soluble vitamins like vitamins A, E and vitamin K2 which studies have found to help in calcium metabolism. It's also a good source of butyrate, a fatty acid which has anti-inflammatory properties beneficial to the digestive system.





### Marble Potato Casserole

Everything is made better with bacon, and the same goes for its rendered oil. This animal fat smells so good and imparts so much flavor to a dish that just a small amount is enough to heighten one's gustatory delight. Contrary to animal fat being purely saturated, it turns out that grain-fed animals provide oils that also possess monounsaturated fats, both of which are resistant to high heat and don't cause fat to oxidize and turn toxic.







## Spring Roll Salad with Peanut Sauce

Put a little Asian twist to your salad with just a douse of peanut oil. Because it is high in polyunsaturated fats which are sensitive to heat, peanut oil is best used cold in salads as a great flavor enhancer, added at the end of cooking or just for a quick stir-fry to preserve its composition.





## Lemon Olive Oil Cake

Take your olive oil out of its savory comfort zone and see how it brings out the vibrant fruity notes in your cake. Long known for its health benefits and considered a fixture in Mediterranean cuisine, olive oil teems with antioxidants that studies show may help lower bad cholesterol and raise the level of good cholesterol.



## Breakfast Granola

Serves 6 to 8

3 cups old-fashioned oats  
1 cup sliced almonds  
1/4 cup sunflower seeds  
zest of 1 lemon  
1/4 cup virgin coconut oil  
6 tablespoons honey  
1/4 teaspoon salt  
1/2 cup dark raisins  
1/2 cup dried cranberries or raisins

1. Preheat oven to 325°F. Line a baking tray with non-stick parchment paper.
2. Spread oats, almonds, sunflower seeds and lemon zest on prepared tray.
3. In a measuring cup, whisk coconut oil, honey and salt vigorously with a fork to lightly thicken it. Then drizzle over oats, seeds and nuts. Gently toss with two spoons or a spatula.
4. Bake in preheated oven for 20 minutes. Remove from oven, stir and gently toss the oats and nuts to prevent burning. Return to oven and bake at 15-minute intervals, stirring and tossing each time until oats are golden brown. Fold in dried cranberries or raisins and cool completely. Store in an airtight container. Use as a topping for ice cream, fruits or as a snack.

### COOK'S TIP:

Flavor your granola with cinnamon or any preferred spice to complement your fruit pairings.

## Pasta with Browned Butter and Sage

Serves 3 to 4

1/2 cup unsalted butter  
12 fresh sage leaves, sliced into thin strips, reserve some whole leaves for garnish  
1/2 cup sundried tomatoes soaked in olive oil, sliced  
1/4 cup sunflower seeds  
juice of 1 lemon  
salt and pepper, to taste  
250 grams spaghetti noodles, cooked  
1/2 cup grated Parmesan cheese

1. In a large pan, melt butter over low heat without stirring, until it stops sizzling and remaining solids turn light golden brown.
2. Add sage, sundried tomatoes and sunflower seeds. Pour in lemon juice, season with salt and pepper. Turn off heat.
3. To the pan, add cooked spaghetti. Toss with Parmesan cheese. Garnish with sage leaves when serving.

## Marble Potato Casserole

Serves 4

500 grams bacon slices  
1 cup water  
500 grams marble potatoes, rinsed, scrubbed and halved  
1 head broccoli, about 2 cups  
broccoli florets plus tender stems  
1 cup cooking cream  
3 cups grated cheddar cheese, reserve 2 cups for topping  
salt and pepper, to taste

1. In a large pot, heat bacon slices until they release their fat. Cook until golden. Remove bacon from pot and slice into bits. Set aside. Preheat oven to 375°F.
2. In the same pot, drain some of the bacon fat, leaving about 4 tablespoons of drippings in the pot. Add water and potatoes. Cover and cook over medium heat for 10 minutes.
3. Add broccoli. Cover and cook for another 5 minutes, then uncover and let water evaporate, leaving just the oil. Sauté potatoes and broccoli for a few minutes.
4. Add cream, 1 cup grated cheese and half of the bacon bits. Stir and season with salt and pepper. Transfer to a ceramic or glass baking dish. Top with remaining cheese and bacon. Bake for 20 minutes or until cheese is golden.

## Spring Roll Salad with Peanut Sauce

Serves 6 to 8

### SALAD:

1 large turnip, peeled and sliced into thin strips  
1 large carrot, peeled and sliced into thin strips  
1 large cucumber, peeled, seeded and sliced into thin strips  
1/4 kilo large shrimps, steamed, peeled, deveined, heads removed and halved lengthwise  
1 bunch romaine leaves, sliced into strips  
1 cup canned mandarin orange segments, drained

### PEANUT SAUCE:

1 tablespoon creamy peanut butter  
2 tablespoons honey  
5 tablespoons hoisin sauce  
1/4 cup green lemon juice  
1/4 cup peanut oil

1. Place salad ingredients in a large bowl, cover with plastic wrap and refrigerate before serving.
2. To make the peanut sauce, whisk together peanut butter, honey, hoisin sauce, lemon juice and peanut oil.
3. Before serving, toss the peanut sauce with the salad ingredients. Serve with additional peanut sauce on the side.

## Lemon Olive Oil Cake

Serves 6 to 8

1 1/4 cups all-purpose flour  
1/2 cup ground almonds, lightly toasted  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
3/4 teaspoon salt  
1/2 cup olive oil  
1/2 cup all-purpose cream  
4 tablespoons fresh lemon juice  
zest of 1 lemon  
2 large eggs  
1 1/4 cups sugar  
confectioners' sugar, for dusting  
fresh fruits of choice

1. Preheat oven to 300°F. Line an 8 or 9-inch round baking pan with non-stick baking paper and lightly oil the sides of the pan.
2. In a bowl, whisk flour, almonds, baking soda, baking powder and salt. Set aside.
3. Combine olive oil, cream, lemon juice, zest and eggs in a mixing bowl. Add sugar and mix well with a wire whisk. Add flour mixture and gently stir until smooth.
4. Pour into prepared pan and bake for 50 to 55 minutes or when top is firm in the middle.
5. Remove from the oven and cool on a wire rack. To serve, dust top with confectioners' sugar and arrange fresh fruits over it.



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*Entertaining*



# *Rise* *and* *Brunch*


*It's the best of both worlds—just combine your favorite breakfast and lunch dishes into one glorious (and easy to prepare) meal*

By **TIN SAMSON**

*Recipes and food styling by AILEEN A. ANASTACIO | Photography by IAN CASTAÑARES | Styling by ANGELIQUE ABESAMIS CASTRO*



Simply a playful mix of the words breakfast and lunch, brunch is a great way to sleep in and still get to indulge in the morning meal. Or if you prefer, consider it an early lunch with heavier meal options. Brunch dates back to the end of the 1800s when servants in the United Kingdom would prepare the hunting party's catch for the day, resulting in a morning meal served later than the usual. In the 1920s, the wealthy used the meal as an opportunity to drink alcohol in the daytime. Interestingly, brunch has also been associated with hungover college students.

Well, for whatever reason your group of family or friends decide to gather for brunch, here's a sumptuous yet simple feast prepared by Chef Aileen Anastacio of Marmalade Kitchen to get you up and about. The best part is, there isn't much prep time required on the actual morning because you can prepare much of it the day before, and you can use leftovers as well. These recipes are easy enough for the kids to help out in the kitchen! 

## MENU

PROSECCO MIMOSAS

CEREAL AND MILK  
YOGURT AND FRUIT PARFAITS  
SCONES, BUTTER AND JAM

SMOKED HAM AND CHEESE  
SAVORY MUFFINS  
CHORIZO AND EGG QUESADILLA  
BREAKFAST BANH MI  
BAKED ZITI WITH BANGERS  
AND MUSHROOMS

CHOCOLATE PANCAKES WITH  
BANANAS AND CARAMEL SAUCE

### Smoked Ham and Cheese Savory Muffins

Chef Aileen opted to make savory muffins rather than the usual sweet ones. Whether they're to-go or for a sit-down brunch, these muffins are a cinch to make since all you need to do is combine the wet and dry ingredients. For a smoky flavor, she used smoked ham and smoked cheddar. And for a healthier version, use whole wheat flour instead.





## Breakfast Banh Mi

This dish was inspired by Chef Aileen's trip to Vietnam. What gives this quintessential

Vietnamese sandwich its character and kick are the pickled vegetables. You can

make them from scratch or you can use our Filipino *atchara*. Some banh mi feature pâté,

but you can also use mayonnaise just like in a regular sandwich. Chef Aileen loves

the idea of using whatever you may have in your fridge. Instead of the chicken in this

recipe, you can use smoked chicken, turkey, cold cuts, roast pork or any leftover meat.

It's a delicious and versatile sandwich that you can enjoy any time of the day. But for

brunch, make sure to top it with an egg!





### Baked Ziti with Bangers and Mushrooms

For something filling, go for a baked pasta dish. But instead of the usual baked macaroni, this dish incorporates breakfast favorites like bangers (an English pork sausage) and mushrooms. Chef Aileen adds some cream to mellow the sourness of the tomato sauce. If you prefer a chunkier texture, add diced tomatoes. And instead of ziti, you can use macaroni or fusilli to make this dish even more playful. The best part is you can prepare it ahead of time. Then just pop it in the oven once your guests arrive.







## Chocolate Pancakes with Bananas and Caramel Sauce

An indulgent treat made from scratch, these triple chocolate pancakes feature cocoa powder, chocolate milk and chocolate chips. Mmmm! And for even fluffier pancakes, try whipping the egg whites separately then fold them into the batter. Sure, the usual syrup could work, but we level it up even more with caramel sauce (or add a pinch of salt to turn it into a salted caramel sauce)! For kids in the group, Chef Aileen suggests a pancake bar. Have a table with all the pancake components (batter can be prepared, or have the kids make it from scratch) where they can mix, cook, and top the pancakes with whatever fruits and sauces they want.



# Mix It Up!

*Who says you have to stick to orange juice (for mimosas) and peach purée (for bellinis)? Spice things up with different flavored juices.*

## THE BASICS

The proportion is half sparkling wine (we love Prosecco) and half juice (or try frozen fruit purées).

## JUICES AND FRUITS

Cranberry  
Pomegranate  
Grapefruit  
Strawberry plus mango, lemon, or basil  
Grape  
Melon  
Mango

## GARNISH

Finish it off with fresh fruit slices, frozen fruits or mint

## AILEEN'S TIPS:

- Set up a mimosa/bellini bar with different juice options
- Choose a dry sparkling wine for something not so sweet, or go sweeter with Prosecco
- Make it kid-friendly with soda water or ginger ale so they can have fun like the adults, too!

**BRUNCH ADD-ONS** (Clockwise from top) Who wouldn't love to wake up to delicious and healthy options like yogurt fruit parfaits, cereal and milk, and fresh fruits; not just for tea time, you can indulge in scones and homemade jams (like these ones from Marmalade Kitchen) for brunch; it's fun when you have a variety of Prosecco mimosas to choose from—cranberry, apple, berries and the classic orange







## Chorizo and Egg Quesadilla

Chorizo gives it that Tex-Mex touch, and combined with scrambled eggs, this is breakfast must. Instead of making this into a frittata, Chef Aileen adds more heft to this brunch dish with tortillas. Choose whole wheat tortillas for a healthier option. And if you don't have sour cream on hand, substitute with mayonnaise instead.

# Marmalade Kitchen's Easy Charm

Whatever time of day you visit Marmalade Kitchen, you're sure to have a bright and sunny one. Even before ordering from the menu of comfort food and all-day breakfast fare, it's the charming and cozy ambiance that will make you feel at home at once. Add to that the scrumptious selection of desserts, and you're all set for a memorable visit.

One of the owners of this café and retail store located in Bonifacio Global City is Chef Aileen Anastacio, a cookbook author and teacher. She is also one of the talents behind old-time favorite Goodies n' Sweets bakeshop. Since opening in late 2013, Marmalade Kitchen has also been offering cooking and baking classes for children and adults. Take your pick from learning

to bake chewy cookies, cupcakes, brownies and bars, to cooking everyday easy meals, regional cooking like Spanish or Thai, and more. Aside from classes, the kitchen studio can also be used for workshops, private dinners, children's cooking parties, bridal showers and product launches.

Even if you've had your fill of Marmalade Kitchen's goodies for dine in, you can also take home the cakes, cookies, and scones with jams and marmalade (such as the ones included in our brunch spread). And check out Chef Aileen's own line of hand soaps and room scents!

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Makeup by MAITA ABAD



## Smoked Ham and Cheese Savory Muffins

*Serves 6 to 8*

- 2 1/2 cups all-purpose flour
- 2/3 cup sugar
- 1 1/2 tablespoons baking powder
- 1/2 teaspoon salt
- 1 1/4 cups corn oil
- 1 1/4 cups buttermilk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup smoked cheddar cheese
- 6 strips smoked ham, cooked until crisp

### STREUSEL:

- 1/2 cup all-purpose flour
- 1/4 cup butter, cubed and chilled
- 1/4 cup sugar
- 1/3 cup smoked cheddar cheese, grated or cubed
- 2 tablespoons smoked ham, cubed

1. Preheat oven to 375°F. Line muffin tins with paper cups.
2. Combine flour, sugar, baking powder and salt in a medium bowl.
3. In another bowl, whisk together oil, buttermilk, egg and vanilla. Pour over the flour mixture. Mix just until combined.
4. Add the smoked cheddar and ham. Stir just until combined. Do not overmix.
5. Using a 2-ounce ice cream scoop, scoop the batter into the muffin cups.
6. To make the streusel, combine flour, butter and sugar. Mix until about pea-sized clumps form. Add the cheddar cheese and ham. Sprinkle about 1 to 2 tablespoons streusel on the muffins.
7. Bake muffins in the preheated oven for 20 to 22 minutes or until tops are golden. Allow to cool for 15 minutes before serving.

## Breakfast Banh Mi

*Serves 1*

- 1 6-inch baguette
- 1 tablespoon chicken

- liver pâté
- 3 tablespoons pickled vegetables
- 2 sprigs cilantro
- 1/4 cup roasted chicken, sliced
- 1 egg, sunny side up
- 2 tablespoons Sriracha hot sauce
- mayonnaise, optional

1. Slice baguette horizontally to open in half. Toast baguette in a toaster oven for 2 to 3 minutes.
2. On the bottom half of the baguette, spread chicken liver pâté. Arrange the pickled vegetables over the pâté and spread evenly. Top with the cilantro sprigs.
3. Layer the sliced chicken over the cilantro. Place the egg on top, followed by the top half of the baguette.
4. Place the sandwich on a serving board. Serve with Sriracha sauce or Sriracha-flavored mayonnaise.

## Baked Ziti with Bangers and Mushrooms

*Serves 4*

- 3 tablespoons olive oil
- 1 cup bangers (or any pork sausage), chopped
- 1/2 cup mushrooms, chopped
- 1/4 cup chopped onion
- 1/2 tablespoon garlic, minced
- 1/4 teaspoon red pepper flakes
- 360 grams tomato purée
- 2 tablespoons parsley, chopped
- 225 grams ziti noodles, cooked as directed
- salt and pepper, to taste
- 1 cup heavy cream
- 1 cup mozzarella cheese, grated

1. Preheat oven to 300°F. Heat olive oil in a sauté pan. Cook bangers until golden. Remove from heat.
2. In the same pan, add mushrooms and sauté for 2 to 3 minutes. Add onion and garlic. Cook until fragrant. Then add red pepper flakes.
3. Add the tomato purée.

Allow to simmer for 7 to 10 minutes. Then add parsley.

4. Toss in cooked ziti noodles. Stir until well combined with the sauce. Season with salt and pepper.
5. Place mixture in a baking dish. Pour cream over the noodles then top with mozzarella cheese.
6. Bake in the preheated oven for 30 minutes or until cheese is slightly browned. Remove from the oven. Allow to cool for 10 minutes before serving.

## Chocolate Pancakes with Bananas and Caramel Sauce

*Serves 4 to 6*

- 1 cup all-purpose flour
- 1/4 cup cocoa powder
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups chocolate milk
- 2 large eggs, separated
- 2 tablespoons melted butter
- 1/2 teaspoon vanilla extract
- 1/4 cup chocolate chips
- 1 banana, sliced
- 1/4 cup caramel sauce, warm

1. In a medium bowl, whisk together all-purpose flour, cocoa powder, sugar, baking powder, baking soda and salt.
2. In a separate bowl, combine chocolate milk, egg yolks, melted butter and vanilla. Stir well. Gradually add the liquid ingredients to the dry ingredients. Stir until combined but still lumpy.
3. In a bowl of an electric mixer, beat the egg whites until soft peaks form. Fold it into the batter.
4. Warm a griddle on low heat. Pour 1/2 cup of batter onto the griddle.
5. Cook until the surface is covered with tiny bubbles, about 1 to 2 minutes. Sprinkle surface with 1 tablespoon chocolate chips.
6. Flip the pancakes and cook until the second side is golden brown. Repeat with the rest of the batter.
7. Stack pancakes on a plate,

top with sliced bananas, then drizzle with caramel sauce.

### CHEF'S NOTE:

As a substitute to the buttermilk, steep 1 cup milk + 1 tablespoon vinegar over low heat for 2 to 3 minutes before using.

## Chorizo and Egg Quesadilla

*Serves 2*

- 1 tablespoon olive oil
- 1/2 piece chorizo, thinly sliced
- 2 eggs
- 2 tablespoons milk
- salt and pepper, to taste
- 1 flour tortilla
- 2 tablespoons sour cream
- 2 tablespoons cheddar cheese, grated
- tomato salsa, served on the side
- sour cream, served on the side

1. In a sauté pan with olive oil, cook the chorizo.
2. In a bowl, beat eggs and milk together. Add salt and pepper.
3. Pour eggs into the pan. Cook until slightly set but not dry. Then remove scrambled eggs from the pan.
4. Prepare the flour tortilla. On a half side of the flour tortilla, spread the sour cream. Then layer the scrambled eggs and chorizo, and sprinkle the cheese. Sandwich the filling by folding over the other end of the tortilla, forming a half moon.
5. Heat a sauté pan on medium high heat. Cook the folded tortilla until golden, then flip to cook the other side until crisp. Remove from heat.
6. Transfer the tortilla to a chopping board. Cut into 4 triangles, the way you would cut a pizza.
7. Serve with tomato salsa and additional sour cream on the side.



# HOME BASICS

Photography by PAULO VALENZUELA | Styling by PIXIE RODRIGO SEVILLA

## What's in a Waffle?

We've all heard of the Belgian waffle—that sweet, crispy waffle that can be eaten on its own, without maple syrup, whipped cream or sliced fruits. In Brussels, it's considered street food (literally, it is eaten on the street), not typical breakfast fare. The first version of the Belgian waffle was actually a yeast-leavened batter. These days, as revised by the Americans, it's no longer leavened, and is closer to pancakes in terms of flavor and taste. Our recipes on page 110 echo the American version, but ours are airier and lighter thanks to the incorporation of meringue.






# Salads of substance

*These healthy greens will fill you up and keep hunger pangs at bay*

Recipes by MITCHIE SISON | Photography by PAULO VALENZUELA  
Styling by NANCY DIZON-EDRALIN

If you want to eat light, make yourself a salad. Don't worry that you'll still be hungry after munching on your greens—it's easy to add heft to your salad with the right mix of flavorful proteins, fruits and vegetables, plus a good dose of dressing. Yes indeed, a salad *can* be a filling and substantial main dish. 

## Chicken Tandoori Kalabasa Quinoa Salad

Serves 4

### CHICKEN:

- 1 cup plain whole milk yogurt, divided
- 2 tablespoons lime juice
- 2 tablespoons curry powder
- salt and pepper, to taste
- 4 skinless chicken thigh fillets
- 3 tablespoons melted butter

### SALAD:

- 1 cup quinoa (about 6 ounces)
- 1/2 cup chopped ripe mango
- 1 cup kalabasa (squash), cut into 1/2-inch cubes and boiled
- 1/2 cup julienned red bell pepper
- 1 small red onion, thinly sliced crosswise, separated into rings
- 1 cup chopped unpeeled cucumber
- 5 tablespoons chopped green onions, divided
- 200 grams fresh spinach leaves
- 1/4 cup chopped fresh cilantro

1. Blend 1/2 cup of yogurt, lime juice, curry powder, salt and pepper. Add chicken and turn over to coat. Cover and refrigerate overnight.
2. Preheat grill or grill pan to medium-high. Place marinade-coated chicken on the grill. Grill chicken until just cooked through, about 12 minutes per side, occasionally basting with butter during the last 2 minutes. Transfer chicken to a platter.
3. Cook quinoa in a medium pot of boiling salted water over medium heat until quinoa is tender but still firm to the bite, stirring occasionally, about 12 minutes. Drain well and cool. Transfer to a medium bowl.
4. Add mango, kalabasa, red bell pepper, sliced red onion, cucumber, and green onions to quinoa. Toss to coat.
5. Divide chicken tandoori among the plates. Add spinach to each plate and spoon quinoa salad over spinach. Garnish with cilantro leaves. Drizzle with remaining yogurt and serve.

### Instead of quinoa

If you can't find quinoa or are looking for a less expensive option, use bow tie pasta or couscous instead. And here's a handy tip—remove the strong pungent flavor of the red onion by soaking it in cold water for at least 30 minutes. You can marinate, then freeze the chicken for a week, then thaw and grill when needed.



### Add on flavor

For more depth to the flavor, you can grill the romaine lettuce before adding it to the salad. Instead of prawns, you can substitute cubed chicken breast. And don't forget to drizzle lemon juice on the avocado to prevent browning or oxidation.

### 5-Spice Prawn Salad with Avocado-Mango Toss

Serves 6

12 tiger prawns, peeled, heads removed, and deveined  
water or chicken broth, for blanching  
1 carrot, shredded  
4 cherry tomatoes, halved  
1 avocado, halved and sliced  
1 ripe mango, medium diced  
1/4 cup sliced almonds, toasted  
2 tablespoons chopped cilantro  
1 cup romaine lettuce, cut into 2-inch strips

1. Blanch prawns in water or chicken broth until fully cooked. Set aside to cool. Once cooled, slice prawns in half.
2. Place prawns in a bowl, add carrot, cherry tomatoes, avocado, mango, almonds and cilantro.
3. Pour dressing (recipe below) into the bowl and mix all ingredients well.
4. Place romaine on a serving plate and top with the prawn salad. Serve heated or cold.

#### DRESSING:

juice and zest of 1/2 lemon  
1 tablespoon honey  
1 tablespoon extra virgin olive oil  
1 teaspoon five-spice powder

In a small bowl, whisk lemon juice and zest, honey, and olive oil. Stir in five-spice powder. Set aside.





## Roll the pizza

Convert this “pizza + salad” dish into a rolled-up wrap. Just slice the pizza into strips, add the salad on top and roll it up. For the dressing, feel free to use pineapple or orange jam instead of strawberry jam for that extra dose of sweetness.



### Grilled Kesong Puti and Basil Pizza with Melon Salad

Serves 5

1/3 cup extra virgin olive oil  
1/2 cup canned diced tomatoes  
salt and freshly cracked black pepper,  
to taste  
5 whole wheat flour tortillas  
2 tomatoes, thinly sliced  
1 bunch fresh basil  
8 slices fresh *kesong puti*  
1 cup arugula lettuce  
1/2 cup melon strips

1. Heat grill pan or fry pan to high.
2. In a bowl, make tomato sauce by combining olive oil, diced tomatoes, salt and pepper. Spoon tomato sauce on a tortilla in an even layer. Layer tomato slices, basil leaves, and *kesong puti* over the sauce. Repeat this process until all of the tortillas are prepared.
3. Grill or cook tortillas for 10 to 12 minutes, until *kesong puti* is melted and tortilla begins to brown.
4. Toss arugula and melon strips with the dressing (recipe below) and top over freshly cooked pizza. Serve.

#### DRESSING:

1/4 cup extra virgin olive oil  
2 tablespoons balsamic vinegar  
2 tablespoons strawberry jam

In a small bowl, whisk olive oil, balsamic vinegar and strawberry jam. Season with salt and pepper. Set aside.



# Quirky Classics

*A new take on French traditional pastries, inspired by Japan*

Recipes and styling by MIKO ASPIRAS

Photography by PAULO VALENZUELA | Text by GINNY MATA

Creative chefs are always looking to experiment with new, interesting flavors that may be out of their comfort zone. Prominent pastry chefs like Francisco Migoya (*Elements of Dessert*) and Peter Geweling (*Chocolates & Confections: Formula,*

*Theory, and Technique for the Artisan Confectioner*) have been incorporating Japanese flavors like matcha, yuzu and azuki bean into their creations. In the pages of *So Good Magazine: The Magazine of Haute Pâtisserie*, this cross-cultural pollination of East and West becomes

even more evident: from flaky croissants filled with azuki bean paste, to matcha macarons, to plated desserts composed of yuzu cream, passionfruit curd and green tea *genoise*.

Who better to bring this French-Japanese fusion of styles here than the young,

brilliant pastry chefs behind Le Petit Soufflé and Scout's Honor, Miko Aspiras and Kristine Lotilla? You can try your hand at recreating their signature style at home with these spectacular recipes, or else try them first at Le Petit Soufflé, available starting this August. **F**

## CHEF'S NOTE:

If you can't find yuzu, you can substitute it with lemon or lime syrup. Combine 1/3 cup lemon or lime juice and 3/4 cup white sugar. Bring to a boil until temperature reaches 116°C. You can add lemon zest for additional texture.

## An "easy" meringue

The secret to this Australian dessert is a meringue that's light as a feather, crisp on the outside and chewy on the inside. Chef Miko shares his easy version which is piped. Pavlova is traditionally filled with chantilly cream (whipped cream and confectioners' sugar), and topped with assorted fruits. Instead, Chef Miko innovates with yuzu-infused cream. Yuzu is currently the darling fruit of the culinary world, as its taste is more well rounded than that of a lemon or lime.

## Strawberry and Yuzu Lime Pavlova

Serves 8

### MERINGUE:

4 egg whites  
3/4 cup + 2 tablespoons white sugar  
1 1/4 cups powdered sugar  
1 teaspoon cream of tartar  
1 teaspoon vanilla extract

1. Preheat oven to 300°F.  
2. To make the meringue, in a mixing bowl, whisk egg whites until pale and light. Add white and powdered sugars then continue to whip until

meringue is glossy and stiff.  
3. Whisk in cream of tartar and vanilla extract, then whisk until meringue is firm.  
4. Transfer the meringue to a piping bag. Pipe small 3-inch circles creating a crater by making the sides a little higher than the center. Or feel free to be as decorative as you want.  
5. Bake meringue shells in preheated oven for 25 to 30 minutes. Cool down to room temperature, then keep in a sealed container until ready to use.  
6. To assemble, place the baked meringue on a plate. Place a

dollop of cream filling (recipe below) in the center. Then top with fresh strawberries (or any fruit available) and garnish with mint leaves.

### CREAM FILLING:

1 1/2 cups + 1 1/2 tablespoons heavy whipping cream  
1 teaspoon vanilla extract  
2 tablespoons yuzu or lemon juice  
1/2 cup powdered sugar

In an electric mixer, whip the cream and powdered sugar until stiff. Fold in vanilla and lemon juice.





## A deluxe version

Pancakes as we know them can be boring. How many iterations of heavy buttermilk pancakes and rich, cloying maple syrup can one have? In Chef Miko's version, the batter is aerated with meringue, and paired with peaches and cream. The pancake is light, almost ethereal, lingering just long enough on the tongue before turning into a pleasant, comforting dream. If you're pressed for time, though, just substitute with a traditional pancake mix. And feel free to use other fresh fruits like mangoes or strawberries.



### Peaches n' Creme Japanese Pancake Soufflé

Serves 6

#### PANCAKES:

4 egg whites  
3/4 cup white sugar  
1 1/2 cups all-purpose flour  
2 tablespoons white sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 cups milk  
2 eggs  
1 teaspoon vanilla extract  
2 tablespoons vegetable oil  
butter, for cooking

#### FROSTING:

3/4 cup cream cheese  
3/4 cup powdered sugar

#### TOPPINGS:

6 halves canned peaches, sliced  
1/2 cup granola  
1/2 cup sunflower seeds  
powdered sugar, for dusting

1. In a mixing bowl, whisk egg whites and white sugar until stiff peaks form. Set aside.  
2. Meanwhile in another mixing bowl, combine flour, sugar, baking powder, baking soda and salt. Whisk to remove lumps. Make a well in the center, then

pour in the milk. Whisk until smooth.

3. Whisk in eggs, vanilla and vegetable oil. Fold in the whipped egg whites. Set aside.

4. To make the frosting, combine cream cheese and powdered sugar. Beat in an electric mixer until smooth.

5. To cook the pancakes, heat a non-stick pan with a teaspoon of butter. Pour a ladle full of pancake batter, around 3 tablespoons, into the pan. When bubbles begin to form on the pancake, flip to cook the other side.

6. Top each pancake with cream cheese frosting, sliced peaches, granola and sunflower seeds. Dust with powdered sugar.



## How to match matcha

Also known as Napoleon or *miglia foglia*, it's French for a "thousand leaves."

It refers to a rectangular pastry of three strips of puff pastry layered with cream, jam or another filling. While its traditional filling is vanilla pastry cream, Chef Miko uses matcha mousseline instead. Whereas matcha is usually paired with white chocolate, here it cuts through the bitterness of dark chocolate, adding another layer of complexity to an already impressive dish. Divide pastry portions

## Matcha and Dark Chocolate Millefeuille

*Serves 4*

### PUFF PASTRY:

1 12 x 12-inch puff pastry sheet, store bought  
1 tablespoon white sugar

1. Preheat oven to 350°F.
2. Lay flat a sheet of puff pastry on a non-stick or parchment-lined baking tray. Generously punch the pastry with holes using the tip of a fork. Sprinkle generously with white sugar. Divide pastry into four portions.
3. Place another baking tray on top of the puff pastry to keep the pastry from puffing too much.

4. Bake in the preheated oven for 30 to 45 minutes or until puff pastry is golden brown in color and evenly baked. Cool down and keep in a sealed container.

5. To assemble the *millefeuille*, spread matcha pastry cream (recipe below) on top of one layer of puff pastry. Then top it off with another puff pastry layer. Spread chocolate pastry cream (recipe below) on top. Finish it off by topping it with a final layer of puff pastry. Chill to set, then slice as preferred.

### PASTRY CREAM (MOUSSELINE):

1 whole egg  
1 egg yolk  
3/4 teaspoon vanilla extract  
1 tablespoon cornstarch  
3/4 cup milk

3 1/2 tablespoons white sugar  
1/3 cup softened butter  
3/4 teaspoon good quality matcha powder  
1 1/2 tablespoons hot melted dark chocolate

1. In a mixing bowl, whisk together whole egg, egg yolk, vanilla and cornstarch until there are no lumps, then set aside.
2. In a heavy-bottomed, medium-sized saucepot, boil milk and sugar. Immediately pour approximately 1/4 of the boiling milk into the egg mixture to temper the eggs. Stir egg mixture until well mixed.
3. Pour egg mixture into the rest of the simmering milk. Whisk until mixture is thick. Remove from heat, cool down rapidly by pouring mixture into a bowl over ice water. Whisk in softened butter. Chill until ready to use.
4. Divide the pastry cream into two batches. Whisk in matcha powder into one batch. Whisk in hot melted dark chocolate into the second batch.

### THE FRENCH-JAPANESE CONNECTION

Le Petit Soufflé may sound like a French restaurant, but it's not. Instead it's inspired by how the Japanese regard French cuisine, blending the traditional with the creative. The brainchild of Chefs Miko Aspiras and Kristine Lotilla, together with restaurateur Charlie Paw and businesswoman Katherine Go, Le Petit Soufflé has been receiving rave reviews since it opened several months ago. The chefs pride themselves in using only the best quality ingredients possible (e.g. 100% Valrhona chocolate), with a menu filled with sweet and savory soufflés, decadent comfort food dishes like the signature Foie Gras Mac and Cheese, and showstopping plated desserts. 3/F Century City Mall, Kalayaan Avenue, Makati City, (02) 888-3056

### CHEF'S NOTE:

You can substitute pastry cream (mousseline) with whipped cream. Just divide 1 1/2 cups dairy whipping cream and 1/2 cup powdered sugar into 2 batches. Whip the first half with 1/2 teaspoon matcha powder and the other half with 1 1/2 tablespoons cocoa powder. Whip until stiff peaks form.



# Waffle Wonders

*Learn how to make perfectly crisp waffles at home*

Story, recipes and styling by **Pixie Rodrigo Sevilla** | Photography by **Paulo Valenzuela**

Waffles are a staple in any breakfast menu. We usually enjoy them with a side of maple syrup and freshly whipped butter or any topping of our choice. We can pair them with fruit compote or slices of bacon. While making waffles may seem difficult, in truth, you can master them in no time—all it takes is a good quality waffle maker and the following step-by-step guide. Once you've perfected them, it's time to get playful with these fun waffle recipes that break new ground. **T**

## Basic Waffle Recipe

**Serves 6 to 8**

**1 cup all-purpose flour**  
**1 cup cake flour**  
**2 tablespoons sugar**  
**pinch of salt**  
**3 3/4 teaspoons baking powder**  
**3 eggs, separated**  
**1 1/3 cups milk**  
**1/2 cup butter, melted**  
**2 teaspoons sugar**  
**melted butter or vegetable oil, for brushing**

**1.** Sift together the 2 kinds of flour, sugar, salt and baking powder. Set aside.  
**2.** Combine egg yolks, milk and melted butter. Whisk into the sifted dry mixture until smooth.  
**3.** In another bowl or electric mixer bowl, beat egg whites with 2 teaspoons sugar until stiff.  
**4.** Fold the flour-egg-milk mixture into the beaten egg whites by hand. Cook the waffles in a waffle maker following the step-by-step guide on the next page.

### FOR EXTRA CRISPY WAFFLES

A runny batter equals a crispier batter. You can replace the melted butter with an equal amount of vegetable oil. Another trick is to replace 1/3 of the all-purpose flour with cornstarch.





## Breakfast Cereal Waffles

Serves 6 to 8

**1/2 cup colorful cereal like Fruit Loops, Lucky Charms or any cereal of your choice**  
**1 basic waffle recipe**  
**fresh milk**

1. Fold cereal into the basic waffle batter.

Cook in the waffle maker.

2. Serve cooked waffles with milk on the side to be poured on top. You can also serve with more cereal on the side.

3. Or else, break the waffles into smaller pieces, place in a cereal bowl and enjoy with milk and fresh fruits.

### MAKE AHEAD

Don't have time to make waffles from scratch during the morning rush? Cook them in the waffle maker in advance. Wrap them in airtight plastic bags and place in the freezer. To serve, just thaw the waffles then heat briefly in the toaster or toaster oven.

## Using a Waffle Maker



**1** Before making the batter, preheat the waffle maker.

Lightly brush the preheated griddle of the waffle maker with melted butter or oil before using. Make sure to brush after every 2 waffles cooked to prevent them from sticking to the griddle. Usually, the first waffle you make will be deformed.



**2** To avoid spills, use a liquid measuring cup or small pitcher to pour the batter into the griddle. Always pour in the center of each waffle mold, allowing the batter to spread to fill the sides of the entire mold. Fill the whole mold but not excessively since the batter will still expand as it cooks.



**3** Avoid checking too often if the waffle is cooked. You can rely on the light indicator that most waffle makers have to know if the waffle is ready. For extra crispy waffles, cook them longer. Remember patience is key.



**4** To clean the waffle maker, just wipe with a paper towel or clean cloth after every use. Avoid using soap and water.

**THE SECRET IS IN THE WAFFLE MAKER** Waffle success starts with a good quality waffle maker. Look for one that features even high heat, and a heavy-duty stainless steel griddle that retains the heat. The Cuisinart Traditional Waffle Maker features a light safety indicator, a lid that can lock to ensure even baking, cool touch side handles, and tone signals which indicate when to fill the griddle with batter and when it is time to remove the cooked waffle. *The Cuisinart Traditional Waffle Maker is available at Rustan's Department Stores, Crate & Barrel, True Home, True Value, Anson's, select SM Homeworld branches, select Abenson's outlets, SM Appliance Store and Landmark*



**NEW ORLEANS STYLE**

Here's our version of the Southern classic of fried chicken and waffles. For even more New Orleans flavor, use breaded shrimp or catfish instead of fried chicken. Note that the waffles won't be as crispy because of the addition of cornmeal. If you don't want them spicy, just serve the waffles with gravy, honey or plain maple syrup.

**Nola Waffles**

*Serves 6 to 8*

**1 basic waffle recipe  
(replace all-purpose  
flour and cake flour  
with dry ingredients  
below)**

**1/4 cup all-purpose  
flour**

**1/2 cup cornmeal**

**1/4 cup cake flour**

**1 pack ready-to-fry  
breaded crisp fried  
chicken**

**jalapeño maple syrup  
(recipe below)**

**1.** Prepare the basic waffle recipe, replacing the all-purpose flour and cake flour with their adjusted

measurements and cornmeal indicated. Cook in the waffle maker.

**2.** Cook the fried chicken. Place on top of the waffles.  
**3.** Serve with jalapeño maple syrup.

**JALAPEÑO MAPLE SYRUP:**

**2 cups maple syrup**

**2 teaspoons to 1  
tablespoon jalapeño  
pepper slices**

**1.** Boil maple syrup and jalapeño together.  
**2.** Remove from heat and let steep overnight in the refrigerator, covered.  
**3.** Before serving, remove the jalapeños from the syrup.





## Protein Overload Waffles

*Serves 6 to 8*

1 basic waffle recipe  
8 lettuce or arugula leaves  
6 to 8 large burger patties, grilled or pan-fried  
8 strips bacon  
8 fried eggs, sunny side up  
ketchup, for drizzling  
pinch of bottled garlic flakes

1. Prepare the basic waffle recipe. Cook in the waffle maker.
2. Transfer a waffle to a plate. Place lettuce on top. Add a burger patty, followed by bacon strips and fried egg.
3. Drizzle ketchup on top and sprinkle garlic flakes.

## BREAKFAST FAVES

Instead of bacon, use corned beef, flaked leftover adobo, cooked ham or chorizo bits. You can also add slices of tomato and cucumber.

Or else, do an "eggs Benedict"-style waffle with poached eggs and hollandaise sauce.





# BREAKFAST IN A FLASH

Tired of the usual *pandesal* or cereal? These fun and fast meals will let you start your day with a smile

Recipes by PORTIA BALUYUT | Photography by PAUL DEL ROSARIO | Styling by TINA CONCEPCION DIAZ

## Bacon, Egg and Tomato Croissant Squares

Serves 4

4 squares store-bought puff  
pastry  
4 slices American cheese or  
any melting cheese, grated  
4 eggs  
4 bacon strips, cut into 2  
extra egg, for brushing  
pastry  
cherry tomatoes  
salt and pepper, to taste  
smoked paprika

1. Preheat oven to 350°F.
2. Fold the sides of the puff pastry square over, squeezing the sides to create a well in the center of the square. Or else, slice 1-inch puff pastry strips and layer them around the sides of the puff pastry square to create a well.
3. Sprinkle the cheese inside the pastry well. Crack an egg into the pastry well and top with a slice of bacon.
4. In a separate bowl, whisk extra egg. Brush pastry with egg wash for a nice golden brown puff pastry.
5. Bake for 20 to 25 minutes until egg yolk is cooked to your liking.
6. While pastry is baking, in a separate pan, cook cherry tomatoes until skin is scored.
7. Once puff pastry is perfectly brown and the eggs and bacon are cooked, season with salt, pepper and smoked paprika. Top with cherry tomatoes for a pop of color.

### Anything goes

These croissant squares are the perfect vehicle for whatever ingredients you have in your pantry: Experiment with cream cheese and salmon. Instead of bacon, use your favorite chorizo or substitute with crispy corned beef hash. Leftover adobo flakes would be great, too!



## Morning blush

Get your vitamin fix with this fruit and veggie juice. Instead of pineapple, try it with orange for a more citrusy treat.

### Sweet Sunrise

*Serves 1*

**1/2 cup sliced fresh  
pineapple  
1 apple, sliced  
half a carrot, sliced  
1/2 teaspoon beet juice  
ice cubes**

1. Juice all ingredients together, except for beet juice and ice cubes. Pour into a tall glass.
2. Slowly pour the beet juice into the fruit juice to create a red swirl. Do not mix. Serve with ice cubes.





## Potato and Squash Crisps

Serves 6

**Cooking oil, for deep frying**

- 1 1/2 cups grated potato**
- 1 1/2 cups grated squash**
- 2 1/2 tablespoons grated Parmesan cheese**
- 2 tablespoons chopped parsley**

1. Fill a large pan halfway with cooking oil. Heat oil on stove at medium heat.
2. In a large bowl, combine potato and squash. Squeeze the mixture with both hands to remove as much moisture as possible.
3. Add Parmesan and parsley and mix well.
4. Using a 1/4 cup measuring cup, fill with potato-squash mixture and drop mixture into hot cooking oil. Do not touch. Let it cook for 5 to 8 minutes or until bottom is golden brown. Flip and cook the other side.
5. Cook until golden brown and crispy, transfer to a plate covered with a kitchen towel to drain excess oil.

## Cooking with Portia

Many already know Portia Baluyut from her stint as a finalist on Lifestyle Network's *Clash of the Toque-en Ones* in 2010. Since then, Portia has been keeping busy all-day breakfast restaurant, Rustic Mornings By Isabelo in Marikina, where she dishes out lovingly rendered comfort food in charming surroundings. She's also back on the small screen with *A Pinch of Portia* on the Lifestyle Network where she shares her love for home cooking with viewers.

*Rustic Mornings By Isabelo, 11 I. Mendoza Street, Marikina City, (02) 681-2461, 425-8610*

*A Pinch of Portia airs every Tuesday 7:30 PM, Wednesday 12:30 AM and 11:30 AM, Friday 2 AM, and Sunday 5 PM and 10 PM on the Lifestyle Network.*

## Fry till crisp

These crisps are a hearty way to get your veggie fix. If you're having trouble keeping the shape of the crisps, add 1 egg to the mixture to act as a binder.



# A Bottle of (FISH) Love

*Tuyo, sardines or salmon—here's how to make your favorite bottled fish products from scratch*

Story and recipes by **ABY NACHURA** | Photography by **PAULO VALENZUELA**  
Styling by **PIXIE RODRIGO SEVILLA**

**M**ake your kids' breakfast and *baon* extra special. Simply paired with garlic rice, sunny side up eggs or even toasted bread and hot chocolate, these homemade bottled fish recipes are a sure hit. Prepare them in batches ahead of time and you'll have a weekly staple that's definitely clean, healthy and super delicious. **F**

## **Bottled Salmon Belly with Thyme and Lemon in Olive Oil**

*Makes 1 cup (240 to 250 grams)*

200 grams salmon belly, scales removed, cleaned and cut into 5-inch strips  
salt and pepper, to taste  
3/4 cup water  
1/2 cup extra virgin olive oil, plus extra for bottling  
2 cloves garlic, crushed  
3 round slices lemon, with peel  
3 to 4 sprigs fresh thyme  
1 small fresh bay leaf  
1/8 teaspoon crushed peppercorns  
1/2 teaspoon iodized fine salt  
1 sterilized jar/bottle with tight lid (240 to 250 ml capacity)

1. Season salmon belly strips with salt and pepper.

2. Carefully place salmon belly strips in a small saucepan. Pour in water and olive oil, making sure salmon does not stick to the bottom of the pan.  
3. Add garlic, 2 lemon slices, thyme, bay leaf, crushed peppercorns and salt.  
4. Simmer mixture, partially covered in low heat, for about 8 minutes. Remove cover, gently stir, simmer for another 5 minutes.  
5. Remove pan from heat and cool for 1 to 2 hours. Adjust salt according to taste. Discard cooked thyme and bay leaf.  
6. Transfer cooled salmon mixture to a sterilized jar. Add remaining lemon slice and extra olive oil if desired. Store in the refrigerator for 1 to 2 days for stronger flavor. You can keep the bottled salmon in the refrigerator for up to one month.



### **Marinating is key**

Keep the cooked salmon in the refrigerator for more than 24 hours to ensure that the rich flavors of the salmon and light citrus herbs blend well.



### Bottled Tawilis (Spanish Sardine Style) with Stuffed Olives

Makes 1 cup (240  
to 250 grams)

- 1 tablespoon fine sea salt
- 2 1/2 cups water, divided
- 200 grams *tawilis*, 3 to 4 inches long, with scales
- 1 cup canola oil
- 2 cloves
- 3 garlic cloves, peeled
- 4 to 5 red pepper stuffed olives, sliced into 3
- 1/8 teaspoon crushed peppercorns
- 1/8 teaspoon Spanish paprika
- 1 teaspoon light soy sauce
- 3/4 cup tomato sauce
- 1 teaspoon brown sugar
- 2 tablespoons brandy, optional
- 1 sterilized jar/bottle with tight lid (240 to 250 ml capacity)

1. Combine salt and 2 cups water. Soak cleaned fish for 10 to 15 minutes and drain.

- 2. Arrange fish in a pressure cooker. Add the rest of the ingredients and the remaining water. Make sure that ingredients are completely covered with liquid. Add more oil if necessary.
- 3. Pressure cook for about 20 to 30 minutes. Cool before opening the pressure cooker. Adjust salt to taste.
- 4. Transfer cooked *tawilis* to a clean, sterilized bottle, arranging the fish to be standing up. Cover the jar and make sure lid is tightly closed.
- 5. Steam bottled *tawilis* over high heat for 20 minutes.
- 6. Remove from heat. Let cool for one hour, with cover side down.
- 7. Once completely cooled, store in the refrigerator for 24 hours before serving for stronger flavor. The bottled *tawilis* can be stored in the refrigerator for up to one month.



### Spanish or Portuguese style

What's the difference? Spanish style is cooked in tomato sauce while Portuguese is cooked in olive oil. Whatever the style of sardines, the key is to use a pressure cooker to cook the fish and sauce quickly, allowing the sauce to incorporate well with the fish, and to soften the fish bones, making the fish safe to eat whole, bones and all. For this recipe, you can use Salinas sardines, *galunggong* or baby *bangus* if you can't find *tawilis*.



## Bottled Dried Herring (*Tuyo*) with Capers in Corn Oil

Makes 1 cup (220 to 240 grams)

200 grams *tuyo* (salted dried herring)  
1/2 cup corn oil, divided  
1 tablespoon capers  
1 teaspoon tomato paste  
2 cloves garlic, crushed  
4 strips red bell pepper  
1 *siling labuyo* (bird's eye chili), halved  
1 small bay leaf  
1 sterilized jar/bottle with tight lid  
(240 to 250 ml capacity)

1. Fry *tuyo* until just cooked.
2. Flake into big chunks and then discard bones and head.
3. Arrange *tuyo* chunks inside sterilized bottle together with capers. Set aside.
4. Sauté tomato paste in 1 tablespoon corn oil. Add garlic, bell pepper, *sili* and bay leaf. Sauté for about a minute.
5. Add remaining oil. Pour immediately into bottled *tuyo*. Cool slightly and cover. Store for up to one month in the refrigerator.

### Fry it first

It's easier to remove the scales and head after you fry the *tuyo*. If you want to reduce the saltiness, just add about a tablespoon of vinegar.







# Taal

in  
TRANSITION

*Taaleños far from their hometown are coming back to their roots, reopening heritage homes for a glimpse of history and a revisit of the community's unique cuisine and culture*

By MICHAELA FENIX  
Photography by PIA PUNO



The flags were flying high from many of the houses in Taal, revolutionary flags with the letters KKK prominently displayed. These letters, as all Filipinos should know, stand for the Kataastaasang Kagalanggalangang Katipunan of the revolutionary army. It was two days before Independence Day, and the flags were an expected sight in this heritage town, serving as colorful reminders of Taal's illustrious residents (the *ilustrado*) who had risked their economic standing, and even their lives in the struggle against the Spaniards.

Just like in many other towns in the country, many of the residents of Taal have had to leave to study or work in urban centers. The houses they left behind have deteriorated, which is a shame, because there is so much history in these homes. There is the home of Marcela Marino Agoncillo, who designed and made the Philippine flag while in exile in Hong Kong. Another house, belonging to Don Eulalio Villavicencio, was where the Katipunan leaders held their meetings—and made their escape through a trapdoor in the dining room that led to an underground tunnel, thus eluding raids by the *guardia civil*. The well-preserved home of the late diplomat extraordinaire Felipe Agoncillo is located at the very entrance of the town, coming from the Alitagtag route, his statue standing resplendent and formal before the gates.

## Focus on restoration

My first visit to Taal 20 years ago was disappointing. Many of the houses were in a sad state of disrepair. The Basilica of St. Martin of Tours, imposing even then, built as it was on a high promontory,



**THE ILUSTRADO LIFESTYLE** (Clockwise from top) The dining area at Goco House, which represents the way of life of the *ilustrado* class in Batangas; a classic Taal dish, the Adobo sa Dilaw (recipe on page 131); the sitting room is an example of how the Gocos have kept intact the cozy feel of a family home in spite of antique furnishings; a simple dessert of *bandi*, caramelized peanuts and brown sugar; an assortment of salads served by the family cook, Reggie Agoncillo



was unimpressive, its ceiling stripped of its painted "fresco," which had been rolled up and stored away. Even today, few remember that the fresco had once been there.

What a relief to learn that in the last ten years, rehabilitation of the Basilica and the ancestral houses is being carried out. This makes Taal a must-see, especially for its history and sites for

religious pilgrimage like the Basilica and the nearby Our Lady of Caysasay Shrine, known for its well of miraculous water.

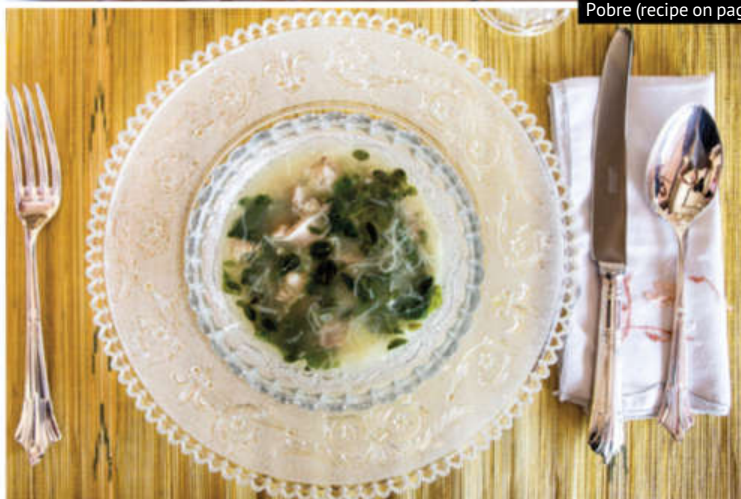
The great story is how Taaleños are returning to revitalize their ancestral homes, restoring them to their old glory. A prime example is the ancestral home of the Villavicencios, a gift from Don Eulalio Villavicencio to his wife,

Doña Glicería Marella y Legaspi, who had been active in the revolution. This restored mansion features antique tiles (some broken tiles have been replaced by copies), waxed and gleaming wooden planks for the flooring, hand-painted walls and carved door frames that showcase the artistry of local craftsmen. On display are the house treasures of ornate silver.





AT HOME WITH THE GOCOS (Clockwise from top left) The airy living space at Goco House with its high ceilings and elegant furniture; Taal *suman* with a pot of hot chocolate; Taal-style *tapa* made with pork, not beef; the Goco day tour of Taal includes a visit to Jhun Estacio's *halo-halo* with its unbelievably fine shaved ice; typical *ilustrado*-style dining in Taal includes simple homecooked meals served on fine china and silver, as in this *Sopas a la Pobre* (recipe on page 131)



### Sweet, familiar memories

Even with all these changes taking place, the food remains the same. From my many visits to Taal, I have come to expect the dishes that first introduced me to Taal's cuisine. This happened at the home of my first guide, Dindo Montenegro, and many of the ingredients that made up the hometown dishes were cooked in the old wood-burning stove. I remember how the late Ka Ely, Dindo's mother, slow-cooked *bulanglang* using vegetables gathered from her backyard. The *muslo* or *maliputo* (jack), a prized fish from Taal Lake, was prepared two ways: the part near the head was made into *sinigang* and the part near the tail was charcoal-broiled.

In the afternoon, Dindo brought me to the cockpit to taste the *tinindag* (pork barbecue). There were special skewers of pig ears, heart and spleen (pale), flavorful from sauce made red by *achuete*





(annatto). The *tinindag*, perhaps the best of its kind in the country, can be bought daily at the market where the embers are never extinguished until late at night.

The town is also known for its *panutsa*—whole peanuts embedded in discs of hardened brown sugar. Its name can be confusing because, elsewhere in the country, *panutsa* or *panocha* refers to hardened brown sugar itself sold in half spheres.

## An ancestral home reawakens

Pio Goco worked in the United States for years before deciding to come home and reopen Goco House, the ancestral home built by his great grandparents Juan Cabrera Goco and Lorenza Deomampo. The house is distinctive for its rounded corners, where the capiz windows have rounded frames, perhaps the only one of its kind in the country.

Pio is creating a bed and breakfast space soon so guests can sleep over. Right now, he offers luncheon or dinner by appointment as part of a guided tour of Taal. On a usual day trip, he'll take you to see the spectacular view of the sunset in his town as viewed from the Basilica tower, the grim but fascinating old cemetery meant only for the Spaniards, perhaps followed by a merienda of *halo-halo* with feathery shaved ice made by Taal resident Jhun Estacio.

At Goco House, the table is set the way it must have been in the days when such a residence required some formality at mealtimes, with heirloom plates, crystal and silverware. The crocheted tablecloths were made by Pio's aunts, who he says used to take care of them during their summer vacations. Among the lunch dishes served us was the quintessential Taal adobo *sa dilaw*, chicken braised in turmeric. Like their preference for the yellowish adobo, the Taal version of *tapa* is different too, being made of pork instead of beef.

What a treat to taste once more the *taghilaw*, in which innards of pork (intestine, spleen, kidney, liver) with lean meat and brain are cooked like *paksiw*, boiled in vinegar, peppercorns and salt but are served dry. Pio named the soup *sopas a la pobre* perhaps because it was made of *bulalo* (beef shin) broth without the bone and its meat, but with *misua* (rice noodles) and speckled with *malunggay* (moringa) leaves. The third-generation family



COLONIAL DINING (Clockwise from top) At Feliza Taverna y Café the tables are set up in the style of 19th century colonial dining; chicken *galantina* served with *salsa monja*; Chef Giney Villar's innovation is deep-fried crunchy eggplant that she serves with *callos*

cook, Reggie Agoncillo, also has a way with salads and presented three versions to us, as well as two ways with *kamias* (bilimbi), a jam that Pio had us pair with cheese (perfect!), and a relish of pickled *kamias* which had just the right mix of sweet and sour and can be partnered with any fried fish.





**OLD FASHIONED ENTERTAINING** (Clockwise from top) *Sinaing sa tulingan* cooking in a *palayok* (recipe on page 131); Chef Giney Villar demonstrating how to clean *tulingan*; an antique gramophone, one of the interesting pieces in this quaint bed and breakfast; the second floor function room at Feliza Taverna y Café; the welcome drink; Chef Giney's version of Taal *tapa* which she serves with fresh salad







THE MANY FACETS OF TAAL (Clockwise from top left) Rowena Yebra, famous for her *empanada*; *pan de coco* from Rosenie's Bakery; a glimpse of the master's bedroom at Villavicencio House; flags draped from Agoncillo House in honor of Independence Day; sticky sweet *suman*; the *suman* stall run by Marie; *pancit* wrapped in paper and banana leaves, eaten with chopsticks; the shrine of Our Lady of Caysasay; (center) Tamales





The favored fish in Taal, and in Batangas in general, is *tulingan* (big-eyed mackerel). It's cut like *daing* (butterflied) but the two sides are brought together, pressed salt, then laid on a bed of dried *kamias*, steamed in low fire until the sauce called *patis* is expressed. Cooking it this way is known as *sinaing*. Agoncillo says that you'll recognize a true Batangueño if they serve this fish fried.

Like Pio, many Taaleños are now rebuilding their heritage. Lito Perez opened Villa Tortuga about six years ago to serve lunch, and make arrangements with local guides for a tour of the town. His main attraction is having guests pose in period costumes for their souvenir photos.

### Traditional tavern, heritage meals

Chef Giney Villar closed her restaurant Adarna in Quezon City to open Feliza Taverna y Café, an old-style restaurant located in the former home of Feliza Diokno, once secretary to Emilio Aguinaldo. Many of the fixtures have been restored using original materials like bamboo, and employing Taal carpenters and craftsmen who know traditional methods. Villar also refurbished two bedrooms, making up her small B&B.

Giney's version of the *sinaing na tulingan* deviates slightly from the traditional. She doesn't press salt into the fish or butterfly-cut it, but keeps it whole with salt just added. Giney is known to travel around the country to learn the proper procedure for preparing heritage food. She presented other ways of serving her menu such as *tapang baboy* with a salad of greens and fruits, *callos* paired with fried eggplant in place of the *berenjena* (eggplant salad), and instead of gravy, the *galantina*



MARKET DAY (Clockwise from top left) Vangie Pasumbal sells *pancit* and *tamales* only from 4 to 9 AM daily; the reddish native barbecue called *tinindag*; Taal-style *empanada* is rich and hefty

(stuffed chicken) had *salsa monja* (Spanish sauce made of shallots, olives and torn bread pieces with olive oil) on the side.

### Of suman, pancit and pan de coco

Walking to the market the next morning, we saw tricycles parked near Vico's Pancit, where the vehicles'

drivers were eating breakfast from cone-shaped paper containers lined with banana leaf. The *pancit* was wrapped in the style of the *balisungsung* or cone, easy to display and to hold when eating. Some people prefer to eat this *pancit* with chopsticks, but plastic forks are available, too. Owner Vangie Pasumbal is also

known for her *tamales*, a rice concoction shaped into small squares and wrapped in banana leaves. It's a local favorite, with tangy sauce and smooth rice paste, so that supply had run out by the time we arrived—luckily we got a tip that a stall inside the market still had some.


We hurried over to find a few *tamales* pieces left,



and a lot of *suman malagkit* (cylindrical rice cakes). These are the best *suman* in town, made with sticky rice of the *sungsong* variety mixed with a little ordinary rice, combining the right sweetness with a semi-soft consistency, so that one tends to eat more than a piece.

In a busy corner, *empanada* (turnovers) was being made—cooking the filling of chicken or pork or vegetables, stuffing the filling into the pastry, frying the finished *empanada*. Bong and Weng's Empanada stall is also a *carinderia* offering cooked food and *halo-halo* for hungry locals and tourists alike. Weng inherited the *empanada* recipe from her father, added chicken and pork variety and tweaked the batter. The buyers are constant and her whole troupe also has to fill the orders for the day. The casing is firm but crisp and the filling has that well-cooked creamy chicken, beef, pork mixture.

We walked round the street corner to the old bakery I had visited on an earlier trip while researching about *panaderia*. There was no signage, but we were told to ask for Rosenie's Bakery. The *pan de sal* this bakery is known for had run out so we tried *bubo*, what they call *pan de coco* (bread with a sweetened coconut filling).

We left Taal late that afternoon, satisfied that we had done our rounds of ancestral homes, finished our pilgrimage and blessed ourselves with holy water from the well, slept in comfort and eaten the best food the town has to offer. Still we wondered how special Independence Day would really be in Taal given its history. For sure, the flags will fly proudly—the flag of the Katipunan and the flag of the Republic that was designed and sewn by Taaleño Marcela Marino Agoncillo. 



Most visitors see Taal for just one day, but for a more relaxed and extensive experience it's best to stay the night. We loved Paradores del Castillo, perhaps the most luxurious of the many bed-and-breakfasts in town. Exquisitely restored with antique furnishings and with gardens shaded by fruit trees overlooking the neighboring town of Lemery and Balayan Bay, it's an experience in itself. [paradoresdetaal.com](http://paradoresdetaal.com)



Just a few hours from Manila, Taal is easy to access through either the Alitagtag Road or via Tagaytay. For the most comfortable, luxurious ride, the Nissan X-Trail provides a smooth journey with plenty of space for legroom, luggage and other gear. Just hop aboard and drive.

## GOCO ANCESTRAL HOUSE

Marella corner Del Castillo Streets,  
Taal, Batangas  
(0917) 373-7346  
Facebook: Goco-Ancestral-House

## FELIZA TAVERNA Y CAFÉ

6 Calle Felipe Agoncillo, Barangay  
Poblacion, Taal, Batangas  
(043) 740-0113

## BONG AND WENG'S EMPANADA

Taal Public Market, (0915) 778-5825

## VICO'S PANCIT

39 A. de las Alas Street beside Taal  
Public Market, (0908) 210-1502  
Open from 4 AM to 9 AM

## VILLA TORTUGA

Taal, Batangas, (0927) 975-1682  
[lito\\_pperez@yahoo.com](mailto:lito_pperez@yahoo.com)

## VILLAVINCENCIO WEDDING GIFT HOUSE

32 Casa Glicería Marella, Taal  
(0920) 777-6271

## NIMFA, MARIE & LESTIE SPECIAL SUMAN

Stall 289, Taal Public Market  
(0920) 777-6271



## Sopas a la Pobre

*Recipe from Goco Ancestral House courtesy of Reggie Agoncillo*  
Serves 6 to 8

- 1 kilo *bulalo* bones, cut into pieces
- 8 cups water
- 2 tablespoons cooking oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 packs *misua* noodles salt and pepper, to taste
- 2 cups *malunggay* leaves

1. Simmer *bulalo* bones in a pot for about one hour. Skim scum off the surface. Set aside.
2. In another pot, heat cooking oil and sauté onion and garlic. Pour in beef stock together with the bones. Bring to a boil.
3. Add *misua* and simmer. Season with salt and pepper. Add *malunggay* leaves. Serve hot.

## Sinaing na Tulingan

*Recipe by Giney Villar, Feliza Taverna y Café*  
Serves 6

- banana leaf, for lining and wrapping fish
- 1 kilo *tulingan*, about 4 to 6 pieces
- sea salt, to taste about 12 pieces dried *kamias*
- 1 piece ginger, diced
- 150 grams pork fat water, enough to cover fish

1. Line a pot with a piece of banana leaf. Clean *tulingan*. Remove tail by twisting and pulling off. Rub fish with salt and rinse until there is no more blood in the rinsing water.
2. Wrap banana leaf strips around fish heads to keep them from falling off during cooking. Layer *tulingan* in the pot and top with salt, *kamias*, ginger and pork fat.
3. Add enough water to cover fish. Cook for 8 hours on low heat. Add water as needed. Let cool.
4. Cook again the next day on low heat for 6 to 8 hours until liquid is reduced and flavorful. The dish is ready when the fish bones are tender enough to eat. You can keep reheating this for days since the flavor improves the longer it is kept.



## Taal Adobo sa Dilaw

*Recipe from Goco Ancestral House courtesy of Reggie Agoncillo*  
Serves 6

- 2 tablespoons cooking oil
- 2 tablespoons sliced *luyang dilaw* (turmeric)
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 kilo chicken or pork, cut into cubes
- salt or *patis*, to taste
- cracked pepper, to taste
- water, enough to cover meat
- 1/4 cup vinegar

1. In a pan, heat cooking oil. Sauté *luyang dilaw*, onion and garlic until fragrant. Add chicken or pork and cook until lightly brown. Season with salt and pepper.
2. Pour in water and vinegar. Cover and simmer for about 20 minutes, or until meat is fork-tender and liquid is reduced to half.
3. Transfer to a serving platter. Serve with rice.

## Taal Taghilaw

*Recipe from Goco Ancestral House courtesy of Reggie Agoncillo*  
Serves 8

- 2 tablespoons cooking oil
- 1 onion, chopped
- 1 tablespoon minced garlic
- 1 kilo pork loin (*lomo*), cut into strips
- 1 pork heart, boiled and cut into strips
- 1/2 kilo small pork intestine (*isaw*), boiled and sliced into 1-inch long pieces
- 1/4 kilo pork liver, boiled and cut into strips
- salt and pepper, to taste
- water, enough to cover meat
- 1/2 cup vinegar, or to taste
- 3 green chilies

1. In a casserole, heat cooking oil and sauté onion and garlic. Add pork loin, heart, intestine and liver. Cook for about 10 minutes, stirring occasionally. Season with salt and pepper.
2. Pour in water and vinegar. Let simmer for about 30 to 45 minutes or until meat is tender. Add chilies. Serve hot.

## Pinindot

*Recipe by Giney Villar, Feliza Taverna y Café*  
Serves 6 to 8

- 4 cups coconut milk, second extraction
- 350 grams *galapong* (rice flour), set aside about 1/4 cup
- 2 cups coconut cream, first extraction
- 1 1/2 cups white sugar
- 1/4 cup tapioca
- 1/2 teaspoon roasted anise seeds

1. In a pot, simmer coconut milk on low heat until reduced to about 75%.
2. Roll *galapong* into small balls. Using your thumb, make a small depression in each *galapong* ball. Set aside.
3. Dissolve reserved 1/4 cup of *galapong* in coconut cream. Set aside.
4. Add sugar to the simmering coconut milk. Bring to a boil until sugar is dissolved.
5. Add tapioca and cook until half done. Add *galapong* balls and cook, stirring until half done.
6. Add the coconut cream-*galapong* mixture and bring to a boil. Stir. The mixture should be very gooey when done. Add roasted anise seeds.



# Restaurants Go Digital

*The first Zomato Restaurant Summit helps restaurants get ahead in today's digital age*



**RESTAURANT TREND WATCH** (Clockwise from left) Linguini Fini's take on Italian comfort food; Filipino food advocates, from left, Chef Sau del Rosario, Chef Tristan Encarnacion, Michaela Fenix, Margaux Salcedo and Chef Rob Pengson; keynote speaker Domingo Ramon Enerio III of the Tourism Promotions Board

How can restaurants achieve success in today's digital era? This question among others was tackled

during the first ever Zomato Restaurant Summit held last May 19 at the Makati Shangri-La Hotel. With the theme "Conquering the Digital Age," the summit covered issues like brand building, service excellence, wooing millennials, food tourism and the evolution of Filipino restaurants, among many topics discussed during the whole-day event.

Zomato gathered an influential group of restaurateurs who listened to a host of speakers from different fields who shared the latest trends and ideas relevant to the industry. Here's a sampling:

- Anticipate trends and events, and take advantage of these to connect with your customers. Be a part of the conversation in the lives of your consumers, shared Margot Torres, SVP for marketing of McDonald's.

- Learn about the Filipino diner and his preferences, like the love for food and



eating as a social experience, in order to fashion concepts that fit, said Abba Napa of The Moment Group (8Cuts, Mecha Uma, 'Cue, Bistro du Vin, Linguini Fini).

- Get to know your customers as expressive individuals, savvy and opinionated, experienced and indulgent, simple and authentic, explained Brian Winton, general manager of

Marriott International.

- Invest in the new digital marketplace which boasts over 40 million Filipinos online, explained Francis Oliva of PLDT SME NATION.

- Micky Fenix outlined the evolution of Filipino restaurants, while Chefs Sau del Rosario, Rob Pengson and Tristan Encarnacion discussed the importance of finding inspiration from our culinary traditions while maintaining these traditions' integrity.

Anton Ojeda, country manager of Zomato Philippines, declares, "In the advent of fast changing

## Zomato in One Click

- Zomato was founded in New Delhi, India in 2008 by Deepinder Goyal and Pankaj Chaddah. Since then, it has become the world's largest online and mobile restaurant discovery service with over one million restaurants across 22 countries.

- Through the Zomato app or website, you can gain access to restaurant listings with menus, photos, reviews and geocoded coordinates accessed by over 80 million visitors globally each month.
- Zomato Philippines boasts the highest traffic globally with an average of 11 million app and website visits monthly, accessing info on over 11,000 restaurants in Metro Manila, Antipolo, Tagaytay, and soon Cebu. Visit [www.zomato.com](http://www.zomato.com)

technology and ever evolving social media, the industry needs find ways to keep up. With the summit, Zomato hopes to let the industry know that we are here to lead the sector and help them take their businesses to a whole new level." 





## A LECHON FIESTA BY PEPITA'S KITCHEN AT DIAMOND HOTEL

Dedet dela Fuente, owner of Pepita's Kitchen, began serving her *lechon* degustation at private dinners in her home. Her stuffed *lechon de leche* comes in various variants, and has made her famous, attracting long lines at the World Food Congress in Singapore, and garnering Chowtzer's "Tastiest dish in Asia" award. Her next venue was at Corniche in Diamond Hotel, where her *lechon* took centerstage at the week-long Feasts from the Filipino Kitchen buffet. Bestsellers were her truffled rice and *sisig* rice *lechon*, but the buffet did offer other favorites from her Hayop sa Degustation menu, including Hiplog (shrimp and salted egg) and Bone Marrow with Oxtail Marmalade. Diamond Hotel's chefs added to the Filipino menu with innovative dishes like Goto with Foie Gras and Balut Salpicao. The dining experience was rich, adventurous and irresistible. **T** *Roxas Boulevard corner Dr. J. Quintos Street, Manila, (02) 305-3000*



## Celebrities Shared Recipes at Open Kitchen

The UP Town Center Amphitheater was filled with showbiz stars, their fans and food lovers who converged for "Best-kept Recipes of the Stars," a three-day food market organized by Deo Endrinal, owner of The Clean Plate and founder of Dreamscape Entertainment. Judy Ann Santos-Agoncillo shared her appetizing Dirty Breakfast recipe, as well as launched her bestselling cookbook, *Judy Ann's Kitchen*. Must-tries included Sam Milby's coffee concoctions at the Third District Café, Vice Ganda's delectable Rice Ganda, Aiza Seguerra's Adobo in a Jar, fried chicken skin dipped in chocolate from JC de Vera's The Burgery, and ABS-CBN anchor Anthony Taberna's Tunyng's Bread, among others. There were also mini-concerts by Kapamilya stars Angeline Quinto, KZ Tandingan, Erik Santos, Kyla, Markki Stroem, and The Voice of the Philippines stars Bradley Holmes and Daryl Ong. Open Kitchen satisfied everyone's cravings and served as a chance for our local stars to show their culinary talent. **T**

## Happy Birthday, Purple Yam Manila!

Purple Yam Manila celebrated its first anniversary with an intimate dinner last July. The menu, designed by owner Amy Besa, highlighted favorite signature dishes using local

ingredients sourced from all over the archipelago. Hence, for starters, there was a Noritaco made with *adlai* garnished with *uni* sourced from Sorsogon. Pancit Pusit, from Asiong's

Carinderia, was dusted with toasted *pinipig* cashew and homemade *chicharon*. Standouts included heirloom rice from Benguet and Mountain Province, fried with shiitake mushrooms

and edamame; crab claws in *sampaloc* garlic paste; and fresh sea shrimps in Vuco coconut vodka. The evening ended with a PYM *halo halo* bar. **T** *For reservations, call (02) 523-3497*



PURPLE YAM TURNS ONE (From left) Celebrating with *buko* pie instead of cake; the appetizer, *noritaco* with *adlai* and *uni*; broiled *maya maya* with shallots and mango vinegar sauce; Amy Besa blowing out the candle; the Purple Yam kitchen crew



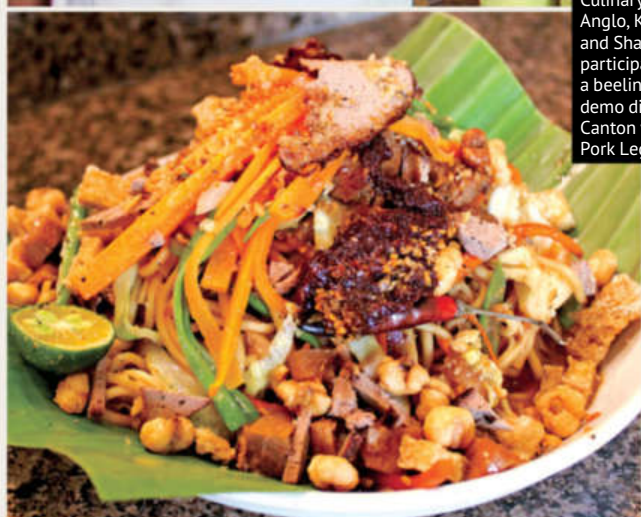
# TASTES LIKE PINOY SPIRIT

*Filipino flavors and flair in focus at the 2nd FOOD Tastings Class*

By ANGELI DE RIVERA



A FOOD-FILLED AFTERNOON (Clockwise from top) Culinary experts JP Anglo, Katherine Jao and Sharwin Tee; participants make a beeline for the demo dishes; Pancit Canton with Maling Pork Leg



How do we define Filipino food? Is it through its indelible ingredients such as *suka*, *bagoong*, *patis*, *toyo* and *calamansi*? Maybe it's with the homegrown method of cooking dishes like

*inadobo*, *sarsiado*, *sinigang* or *sinuglaw*? However we identify Filipino food is ultimately personal—but it's also why it's fun and exciting to cook or eat these dishes in every way possible. It's


this variety and techniques from which Filipino flavors are made, that makes it so refreshing to reinvent every time. In keeping with *FOOD Magazine's* 20th year anniversary, the 2nd FOOD

Tastings class was all about capturing and savoring local flavors using new ways to cook familiar dishes with the theme "Let's Cook Pinoy." Held last June 6 at Sarsa Kitchen + Bar in Mall of



Asia, the event was very well attended by guests eager to learn and taste the event's offerings.

Each featured chef showcased their prepared dish. Chef Sharwin Tee, host of *Curiosity Got The Chef*, started off the demo with his unique take on the classic Binagoongan Baboy by making it into a hearty BB Burger. Next, chef consultant and food stylist Katherine Jao showed how to make traditional dishes like adobo, pork barbecue and even *dinuguan* more appetizing with practical food styling tips. Sarsa's Chef JP Anglo prepared three Pinoy dishes with unique twists: Pancit Canton using Maling Pork Leg, Sinuglaw made with fresh *tangigue kinilaw* and grilled pork *liempo*, plus Baked Lapu-lapu complemented with sambal sauce, Pinoy-style.

Guests were even asked to be volunteers during the demos making it a fun interaction between participants and the featured chefs. This event was sponsored by Datu Puti and La Filipina pasta. 

*Watch out for the next FOOD Tastings class this September. For more information, visit FOOD Magazine on Facebook ([facebook.com/foodmag](https://facebook.com/foodmag)).*



**OLD FAVORITES, NEW FLAVORS**  
(From top)  
A beautiful spread of Filipino viands as styled by Katherine Jao; Chef JP Anglo shows his plated creations; Sharwin Tee's mouth-watering BB Burger; an impressive plate of Sinuglaw; tasty Lapu-lapu topped with Pinoy Sambal Sauce



**CHEF KATHERINE JAO'S FOOD STYLING TIPS:**

1. **Pick the right food vessel.** Choose neutral colors to help enhance the food.
2. **Little is more.** Don't overcrowd the plate.
3. **Use garnish that is applicable to the dish.** Make it pretty and practical too!
4. **Use whatever props are available.** Salt and pepper shakers on you table? Even a spoon on the dish makes a big difference.
5. **Imperfection is perfection itself.** A little smear on the plate? Some crumbs falling off? Make it part of the shot.





# A Cook and a Patriot

*Yana Gilbuena cooked Filipino pop-up dinners all over the United States—and now she's done it in the Philippines, too*

By TROY BARRIOS

Photos courtesy of YANA GILBUENA

Just like her cooking, Yana Gilbuena is dynamic, intriguing, inventive and unfailingly patriotic. Her pet project, The Salo Seriest, saw her whip up 50 Filipino-themed pop-up dinners in 50 U.S. states in 50 weeks. Yana was back in Manila last June for a trio of pop-up dinners, a rare opportunity for Manileños to get a taste of her culinary magic.

The first dinner, called “Migo Miga Ilonggo Moderno,” was held at Il Ponticello in Makati and

featured a five-course menu designed by Yana in partnership with Chef Panky Lopez. Just reading through the description of the dishes pricks the curiosity and makes the mouth water. The inspiration is traditional Ilonggo cuisine but served up with a cool, inventive spin.

The *batchoy* for instance, was served deconstructed, Tsukemen style, with the noodles separate from the broth and topped with bits of crisp *chicharon*, roasted garlic and tender Japanese-style pork belly. Chicken *inasal*,

inevitable on the menu, was placed in a glass bottle, with the smoky chicken meat rich with annatto seasoning and ready to be poured over garlic rice. A *lechon kawali* was paired with paper-thin crisp *ube* and *camote* chips, with *sinamak* on the side. Even Ponti's signature porchetta became “Ilonggo-fied” with the infusion of lemongrass and served with oyster mushrooms and *kangkong* drizzled with *bagoong*. For dessert, there was avocado panna cotta with condensed milk and crispy *pinipig*. To round off

dinner, liquid chef consultant Ervin Kalel Demetrio created a trio of cocktails using Destileria Limtuaco's Pinoy-inspired liquors, and coffee was served by KKK Coffee.

Thirty percent of the proceeds of each dinner goes to Yana's chosen charity. Currently it's the Relief Contingency Plan by The National Alliance for Filipino Concerns for victims of typhoon. We can't wait for Yana's next series of Salo dinners. **11**

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POP-UP FILIPINO STYLE (Clockwise from top left) Tsukemen style batchoy with liempo; chicken inasal in a jar; Yana Gilbuena; Il Ponticello goes native with banana leaf; avocado panna cotta with pinipig